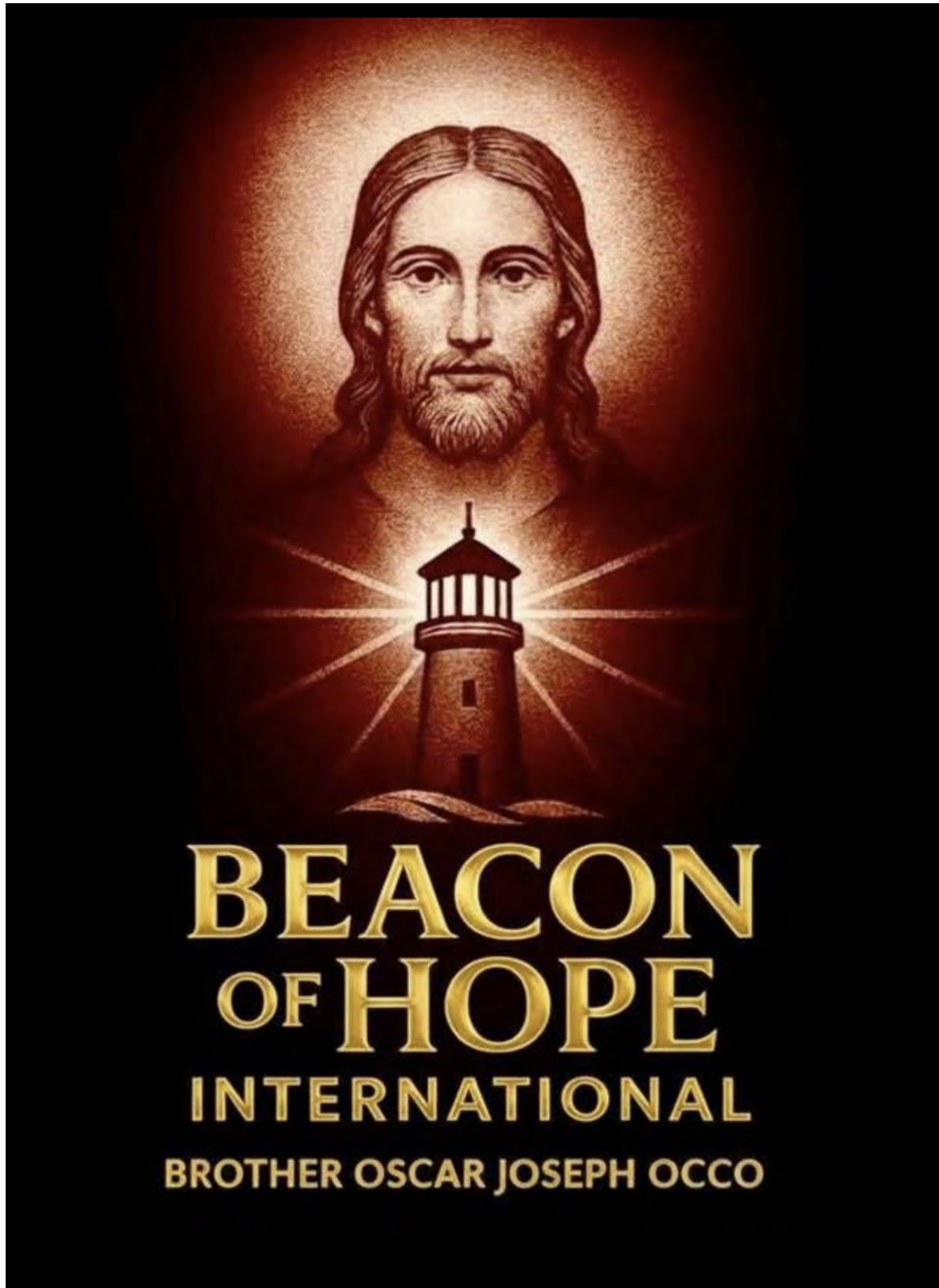




HEALING BODY, MIND, AND SOUL

**A PRACTICAL APPLICATION ON
HOW GOD HEALS TODAY**

**Brother Oscar Joseph, OCCO
contemplative monk**



Brother Oscar Joseph's teachings:

This page summarizes Brother Oscar Joseph's teachings and background. What he teaches to your community (group) is determined by their needs and times available.

Scripture and Church Fathers

Brother Oscar Joseph places a strong emphasis on the foundational role of Scripture and the teachings of the Church Fathers. He encourages the study and meditation of the Bible, using it as a guide for personal and communal spiritual growth. The writings of early Christian theologians and leaders provide a rich resource for understanding the faith and its traditions.

Rule of St. Benedict

The Rule of St. Benedict is often referred to as Scripture's addendum and is a cornerstone of Brother Oscar Joseph's teachings. This Rule outlines principles for living emphasizing values such as:

Prayer: Regular and disciplined prayer is central to deepening one's relationship with God.

Work: Engaging in meaningful work as a form of prayer and service.

Community Life: Building a supportive, loving community where individuals grow together in faith.

Prayer, Meditation, and Contemplation

These spiritual practices are vital in Brother Oscar Joseph's teachings:

Prayer: Engaging in regular, heartfelt communication with God.

Meditation Reflecting on Scripture and spiritual writings to gain deeper insights.

Contemplation: Experiencing the presence of God in silence and stillness, allowing for a transformative connection.

Spiritual Direction

Abbot Oscar Joseph offers spiritual direction to help individuals navigate their spiritual journey. This involves one-on-one guidance to explore personal faith, address doubts and fears, and discern God's will.

Healing Ministry

A significant part of Brother Oscar Joseph's work is a healing ministry, where he shares God's grace in numerous miraculous healings and teaches others how to minister healing to those in need. This involves prayer, laying on hands, and relying on the power of the Holy Spirit. His healing services and public presentations are done in a quite reverential style

Overcoming Fears and Misconceptions

He addresses common fears and misconceptions about God and faith, helping individuals to overcome these barriers and embrace a more intimate and joyful relationship with God.

Living a Joy-Filled Life

Brother Oscar Joseph believes that a deep and joyful relationship with God is attainable for everyone. By letting go of doubts and fears, individuals can experience the peace and joy that come from knowing and trusting in God.

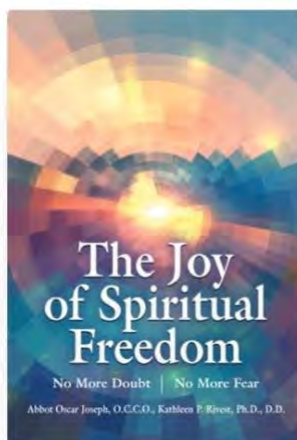
Abbot Oscar Joseph's biography

Education: He holds a Master of Science in Education, doctoral degrees in Sacred Theology (Scripture) and Christian Counseling, and several honorary doctorates.

Ministry: Ordained as a priest in 1993, he was consecrated as a bishop in 2002 and took his final vows as a monk in 1999. He has served thirty-five years as a Christian Counselor, and twenty-five years as the Abbot General for the Cistercian Order of the Holy Cross.

Roles: He has served as a TV and radio personality, former pastor of a local conservative Anglican Church, college educator, retreat master, and seminar leader Brother Oscar Joseph is known for his extensive background in education, having taught psychology, sociology, Old and New Testament, English, and ethics at several local community colleges He is also the Founder/President of St. Stephen Harding Theological College and Seminary.

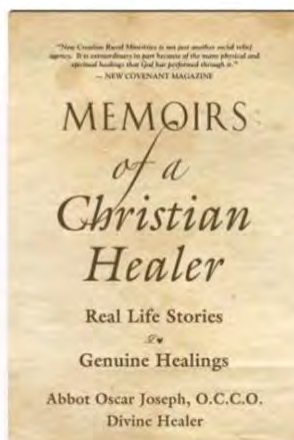
Publications He has authored several books, including "Memoirs of a Christian Healer," "The Joy of Spiritual Freedom," and "Listen with the Ear of Your Heart."



The Joy of Spiritual Freedom

No More Doubts | No More Fear

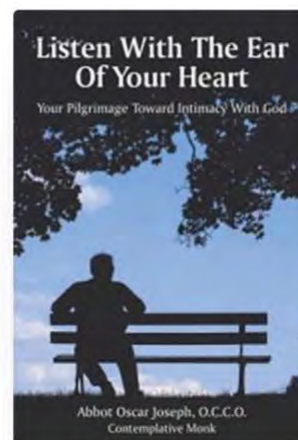
The Joy of Spiritual Freedom is the first of a trilogy that leads and inspires the reader to enter into a joy-filled relationship with a loving God. It is grounded in Biblical wisdom revealing how to remove debilitating doubt and fear. It draws from inspirational letters and case studies that illustrate the Gospel path toward freedom.



Memoirs of a Christian Healer

Real Life Stories | Genuine Healings

Memoirs of a Christian Healer chronicles the miraculous works of God. You will experience the joy of victory and the sorrow of human weakness. Incorporated within the many stories the Abbot includes reflective lessons on the Healing Ministry. The many stories are of real people and genuine healings.



Listen with the Ear of Your Heart

Your Pilgrimage Toward Intimacy with God

God created you to yearn for intimacy with Him. Listen with the Ear of Your Heart presents a dynamic pilgrimage utilizing Scripture, the teachings of the Church Fathers, The Rule of St. Benedict, prayer, meditation and contemplation.

Introduction to *How God Heals Today* 1986

The material enclosed is the product of years of prayer filled ministry graced by several hundred Divine healings.

Many people have asked me how God heals, so I have conducted healing services, prepared teaching tapes and delivered seminars based on my experiences. The purpose of this pamphlet is to "put on paper," simply and directly, my reflections and experiences regarding healing.

Please understand that what you read here is the summary of what I have learned to date. While most main line churches will agree with my reflections, my experiences may be different from theirs and from yours. My conclusions may differ because I often pray with low income, unchurched people, those people the world considers to be an immoral subculture which does not contribute to society. It is my understanding that Jesus took these poor as His own to be treated with loving priority. And so, I choose to be with them where they live regardless of conditions. Therefore, my theology will be different from the evangelist/healer who gives audience to our affluent, perhaps already faith filled, people gathered in churches or auditoriums.

I realize that there are many who do not believe that God can heal today, particularly that He can heal physical ills.

I encourage these people to look around and witness the miracles which occur every second, everywhere. The God I know loves me intensely. He wants me to be of sound mind and body. He has given me all of His Kingdom, everything He has, including His Son. As proof, His Son and Holy Spirit live within me and they enable me to do great and wonderful things. If you do not feel the same, perhaps you might want to change Gods."

WHAT IS DIVINE HEALING?

Simply: Healing is the removal of any blocks within us which prevent God's love from working in and through us. It is the removal of any blocks in us which prevent us from giving or receiving love. Love, divine and human, is the agent of healing. The more we are able to give and receive love, the more we will be healed.

WHY DOES GOD HEAL?

God heals because He loves us. We cannot and need not earn this love. He simply loves us and that's that. Our state of sinfulness or lack of sinfulness is not the criterion for God to heal or not heal. I have witnessed dramatic healings in prostitutes, drug addicts, murderers and child molesters. That is a fact. Jesus healed everyone who came to Him without exception. He healed to say, "See how much I love you. Now COME FOLLOW ME." Healings are one way in which we are CALLED to

DISCIPLESHIP. If we accept God's love, He will work even more mightily in us. That's also a fact.

WHY DO PEOPLE GET SICK?

Jesus said that illness is caused by sin and Satan. I believe this to be true. The sin which is explained through the Adam and Eve story was a sin against the natural order. Adam and Eve were seeking to be like Gods. They attempted to become more than they naturally were. This created a reversal of the natural order. Man had placed himself before God. This reversal continues in the twentieth century, as exemplified in the emphasis on material gain and drug dependency. Man has allowed matter to rule. The correct order established by God was first God, then man, followed by nature. It appears now, through sin, to be matter, man and, lastly, God.

The above paragraph may seem confusing until we look at a specific example. A man became so interested in material gain that he found himself working at a high pressure, high paying job. The job created stress which then resulted in headaches, ulcers, heart problems, high blood pressure and so on. The sin of being out of order created physical and also emotional illnesses. Our body and spirit are so interconnected that medical science has recognized that 80% of all physical illness is psychosomatic, emotionally related. Something in our lives is out of order and this affects our emotional and psychological health.

There are two kinds of sin, personal sin and corporate sin. Personal sin is what I do to myself or another, and corporate sin is what we all do together. We sin all together when we allow our government, for example, to neglect the suffering of the poor. A company may sin when it puts cancer-causing agents in its food to reap a larger profit. Thus, hundreds of people suffer physical illness due to malnutrition or poisoned food. No sin is really a private act. Your sin negatively affects me and my sin negatively affects you."

"Satan does not want us whole. He is a liar, a thief and a deceiver. His purpose is to keep things 'out of order' and create confusion. People who are ill, physically or emotionally, are easily misled. Satan wishes us to be ill.

Some people do not believe that Satan is a personal demon with great powers. They have been deceived. That is the greatest lie. Satan would much prefer to remain anonymous. If you cannot name it, you cannot fight it.

I have battled Satan in my own life and on behalf of others. I have felt the presence of evil beings. They do exist and are numberless. But as a note of encouragement, Jesus and His Cross have conquered Satan once and for all. To reap this benefit, we have to be open to Jesus in our lives. He and Satan cannot coexist in the same body. I prayed with a man as he renounced Satan from his life; his hearing was instantly restored, and a lifelong skin disease was healed. Praise God!"

WHAT CAN GOD HEAL?

God can heal every area of our lives. He can heal our bodies through physical healing. He can heal our emotions through inner healing. He can also deliver us from evil spirits.

It is my experience that God prefers to heal from the inside out. If life is out of order, that is the real issue. God prefers to address that first and then heal the physical ailment.

Frequently, in addition to healing prayer, professional pastoral counseling is needed to facilitate complete inner healing, particularly in the healing of bad memories and relationships. These bad memories and relationships can prevent us from maturing into the whole person we would like to be. God can transform these memories and relationships into an opportunity for growth. Out of this experience of God's healing love, we can become thankful for the trials in our lives.

Sometimes we, through the power of His precious blood, can cast out our own demons; sometimes we need others to help us.

WHO NEEDS HEALING?

It seems to me that we all are in need of healing. We all have blocks which prevent God's love from working in and through us. We all have blocks to giving and receiving love. It also seems to me that as soon as one block is healed, a deeper one is revealed. This is called process, spiritual maturation, which continues over a lifetime.

BLOCKS TO HEALING

Even the most religious, God-fearing person can have blocks to physical or inner healing. These blocks can come in the form of unconfessed sin, a need to forgive God, self or others; judgmentalism; fear and Satan.

An elderly lady had asked for prayer that her eyesight might improve. She was currently wearing corrective lenses but was continuing to lose her peripheral vision. We prayed for a while, and nothing happened. When I asked her if she had any unconfessed sin, she began to cry. Once the sin was confessed, she immediately regained not only her peripheral vision, but she no longer needed the glasses.

Scripture illustrates not only personal sin, but also the sin of the world.

We are all affected by:

- the sin of others
- the sin of the world
- Satan
- our own sin
- our ancestors' sin

- the sin of Adam and Eve
- the sin of the Church
- the sin of our government
- the sin of our culture
- the sin of our friends
- the sin of our enemies
- the sin of our parents
- the sin of our children
- the sin of our teachers
- the sin of our leaders
- the sin of our neighbors
- the sin of our community
- the sin of our world

Forgiveness

The need to forgive is the most frequent blockage to healing. Forgiving is an act of will. I will forgive someone and wish to be forgiven by him/her. Even when we will to forgive, sometimes the pain remains. Healing of memories may be useful here. We may need to have someone to help us to discover where our pain really comes from.

MISCONCEPTIONS

The two misconceptions about healing which I experience most deal with faith and worthiness, or actually, the lack of faith and the lack of worthiness. I believe that the only faith necessary to obtain healing, any healing, is enough faith to ask. My prayer experiences for healing reflect this, and my biblical understanding supports it.

As stated above, I usually pray with unchurched, uneducated, low-income people who have little formal understanding or appreciation of God in their lives. Usually when I invite them to prayer, they accept, and usually they are healed. They have enough faith in God, or perhaps in my love for them, to accept the invitation and that's that.

That same type of faith is evident in the Gospel stories. Jesus is called Sir, Teacher, Master, Rabbi — almost anything but Savior, Redeemer, Son of God who shares equally in the Divinity of God, our eschatological hope and existential ground of our being. The point is that no one really knew who He was until after Pentecost. Peter might have known, by special grace, but even he could not grasp it for long. The faith of those biblical characters was just enough to ask — to ask a person they knew would respond.

There are many stories where Jesus healed because of the faith of the friends of the sick person. And even that faith was in the person of Jesus, not in a clear understanding of who Jesus was. (I wonder to what extent even a faith-filled twentieth century person can comprehend who Jesus was.)

It seems to me that the faith of the person saying the prayer is more important than the faith of the recipient. Missionaries often pray for healing, as Jesus did, to demonstrate God's love, to evangelize and then to CALL TO DISCIPLESHIP. Remember God heals to say, "See how I love you. Now COME FOLLOW ME." He does not heal as evidence that you have reached a pre-specified level of faith.

It is an injustice to say, "I have said the healing prayer. God answers all prayers. Therefore, you are healed, if you believe you shall receive." What effectively is being said is: "I have done my part, we can trust God to do His part, now how about you doing your part? You must have enough faith." If the person is not obviously healed, he now has two problems: illness and the guilt that his faith was not adequate.

I am not demeaning faith. Normally the more genuine faith we have, the more open we are to God doing the work in us and the more thoroughly the work can be done. Notice I am saying God doing the work and our being open to it. That is the important thing here. Remember God is always the first to act. We are the respondent. We can do nothing without His grace. After all, faith is His gift to us in the first place.

As mentioned above there is another obstacle which people place between themselves, and healing is an awful sense of being unworthy. It is true that we are dusty sinners, but once again, God took the initiative and sent His Son to take care of that. As Jesus was raised upon the Cross, we were raised from the dust. He calls us brothers, sisters, friends. I feel that perhaps those people who refuse to appreciate this wonderful gift and cling to their unworthiness are harboring a false sense of pride.

Another misconception about healing is over the phenomenon of "claiming" one's healing. I see it happening in two ways. The first: a "healer" announces that a particular unnamed person would receive a healing, and five people jump up to claim that healing for themselves. The first to claim it gets it. Abba would not tease His children in such a hurtful way. The healing will occur in God's mercy and wisdom, not on a first-come first-serve basis.

The second phenomenon is claiming one's healing even though the pain remains or the symptoms persist. The suggestion is that you are healed spiritually, all that remains is for the body to accept the healing. In time and in faith you will be well. This has not been my experience. I suggest that we pray simply, expectantly and often. Then, with patience, open our eyes and ears to witness how God chooses to answer. When and if you are healed, you will know it.

I can understand how ill people can become so desperate that they cling to anything hopeful even if it is false and hurtful. I spoke about this claiming phenomenon to a women's group and received quite an argument against my premise. I explained that this type of claim was more an act of positive mental attitude and, while that can be a positive and even healing force in our lives, it differs from a Divine healing experience. We hold, we create the energies of a positive mental attitude, while a healing experience is "letting go and letting God." They finally agreed but as we prayed for

healing, some still claimed their unmanifested healings. I guess “claiming” is hard to let go.

Letting go is difficult, particularly when we are hurting. Everything in us wants to be in control because we are so fear filled. This being in control can take on the semblance of witchcraft. By that I mean we perform actions with the intent of controlling God. We want God to respond to our faith, our claiming, our whatever. But God responds because He loves us, not because we do or fail to do. Thank God.

I have a sign on my door. It reads: **There is NO fear here.**

Here, of course, is in my heart. When I get fear filled — and I do — I invite God in to chase it out. I do not have to live in fear and neither do you.

SCIENCES

All the sciences are good and a blessing from God. Through them we can learn more of the mysteries of creation and stand in awe of our Lord. My dream is for the Healing Sciences to incorporate prayer into their work. Where psychology and psychiatry have incorporated prayer, successful therapy has occurred more often, more completely and over a shorter period of time. I have had a number of people who had previously experienced years of unsuccessful therapy yet with inner healing they have completed their healing in three or four sessions.

There is no contradiction between Medical Science and Divine healing. God is present and working in all things. When science and prayer are used together, genuine healings are an expected result.

A family member had asked me to pray for their hospitalized grandfather. The doctors had predicted that he would die within hours. We prayed, the doctors medicated, and by morning he was on the rebound. A week later he was discharged.

Some sick people refuse to see their medical doctors or take their medicines as a sign of faith that they have already received their Divine healing. This is very dangerous. It is another example of our thinking our faith creates healing. If we are healed, we will know it and so will the doctor. I suggest that we first see a doctor and have him/her verify the healing and then direct the medications. In that way God will be praised as we give witness to science that God works wonders.”

I do not believe that we should refuse medical treatment because we believe God will heal us. That is not faith — that is presumption. If you believe you are healed, go to the doctor and let him confirm it. That way you can witness to the healing and give glory to God.

LOSING YOUR HEALING

Can you lose your healing once you have received it? **Yes and no.**

1. First, understand that what God gives, He will never take away.
2. Second, understand that we can refuse to accept a healing He wants to give.
3. Third, understand that we can abuse a healing He has given and thereby lose it.
4. Fourth, understand that Satan can trick us out of our healing.

Let me address these four issues separately.

What God gives He never takes away. I struggled with this a lot, particularly regarding my gifts of healing. I have learned that when God gave the gifts, He knew exactly to whom He was giving them — my holiness and sinfulness. He knew how I would use or misuse them. Even so, He still gave them. I once thought that because of my sinfulness, God would take the gifts away. We do that to our children. We get mad at them, so we take them away to punish them. God does not do this. He gives to say, “See how I love you, COME FOLLOW ME.” Best of all, I know how much I am loved because I know how much I have been forgiven.

The second issue is whether to use our gifts, or, in the case of healing, whether to accept or refuse the healing. That is up to us. Some people refuse the healing by not being open to the possibility that God might work in this marvelous way. God will do His part to help us decide for Him, but it is up to us to say yes or no.

Thirdly, God allows us to misuse our healings. I prayed for a 16-year-old boy who had one leg shorter than the other, and one arm crippled and weak. He also had several learning disabilities. During the three days of prayer, his shorter leg grew to match the other, his arm was strengthened and became more mobile, and he also became more alert and congenial. As the months passed, he and his parents failed to continue the necessary exercises and medical assistance. Subsequently, he lost the healing.

Another example of misuse is, perhaps, a man was healed of an ulcer which was caused by stressful working conditions but continued to accept these conditions because he was greedy for money. God healed the ulcer, but the man continued in his sin and the ulcer returned or a new one appeared. The healing was lost because the sin was maintained.

HEALING IS A CALL TO DISCIPLESHIP

Satan does not like all this healing stuff. He is a liar, a thief and a deceiver. He would love to rob us of our healing. He does this by creating doubt and fear. He tries this on me all the time, particularly when I pray with a really sick person. He tries to get me to

believe that I am insufficient in this situation. What is the use? This is even too big for God. Why not give up? Pretty tricky!

He has great tricks in store for those who have received physical or inner healings. Let's say a woman's back was healed. Sometime after the healing, she stood and suddenly felt a twinge. Immediately she said, "Oh! I must not have been healed!" There you go, Satan took it from her. It is easy to get it back. Tell Satan to go to hell, in Jesus' name.

EXPECT RESULTS FROM PRAYER

Most of us have some history of God working in our lives. We can recall how He has answered prayer or protected us from evil. We know that God can, is able to respond. I believe that the key to successful healing prayer is to trust in God to respond NOW, FOR THIS PARTICULAR NEED. That is the Hebrew concept of faith: trusting God to be responsive, to do what He has already said He would do. The more expectantly we can enter into prayer, the more open we become to God doing the work in us.

I am sometimes accused of asking God for too much. My response is, "I have come to understand that God wants to give us everything. His entire Kingdom. All we have to do is accept." When I pray for healing, I pray for the miracle. I pray that the Lord takes care of every need, physical and spiritual. I try to pray according to my best understanding of God's will for this person. I expect some kind of answer, either immediately or soon after. About 80% of the time something happens; about 20% of the time the person is completely healed; about 60% of the time the person's health is improved either a lot or a little. The more time spent in prayer the percentiles improve. About 20% of the time nothing physical seems to have happened. However, the person always knows that they have been blessed in a powerful and significant way.

I do not like boxing God into percentiles or anything else for that matter. But these percentiles do reflect my experience. It is also my experience that God is Lord over all creation. He also has a very strange sense of humor.

NOT EVERYONE IS HEALED

This is the most frustrating topic. Not everyone is healed, and there is no simple answer to that. Perhaps no adequate human answer exists. Jesus raised more questions than He answered. When I return home, I will be sure to ask the Lord, "Why?" He will probably smile and say, "Don't you already know?" That would be characteristic!

Not everyone is healed, but every prayer is answered in a positive way. That is not a contradiction.

Let me give an example. This pamphlet is dedicated to Charles (Charlie) Flynn who died of cancer. I love Charlie. When I met him five years ago, he was unhealthy. He also did not have a personal relationship with Jesus. The cancer appeared about two

years ago. We saw the doctors, and he was hospitalized a number of times throughout these two years. Charlie allowed me to pray for/with him.

The prayers made him feel more comfortable and, perhaps, gave him a few more months of life, but they did not heal him. But God answers all prayers in a positive way. Let me explain. The first purpose of prayer is to create relationship between the God prayed to and those in prayer. During the years I knew Charlie, he came to know Jesus as his personal Savior and Lord. He celebrated that in Baptism a week before he died!

Charlie and I grew in love with each other. I helped him to sustain him, and he helped to sustain me. I will always see the twinkle in his eyes and feel his presence. Charlie is now completely healed in the Heavenly Kingdom with the Father forever and ever. Prayers are answered in a positive way.

Frequently we use the phrase, "In Jesus' name we pray," because the Bible promises that anything asked for in His name will be granted. The problem is we often use "in Jesus' name" as a magical incantation to force God into action. That is not the biblical meaning.

Rather we should pray in Jesus' name because I know how Jesus would think, feel and want to respond to this particular situation. Therefore, I can honestly and with certainty say to the Father, "Your Son would like this to happen. I know He would ask this of you. I further know that because He is your Son, you would grant this for Him and that you will be glorified in its doing."

Before I invite anyone to prayer I ask the Holy Spirit for permission. Usually the Spirit says yes; but not always. There have been times when I have wanted to pray for someone, but the Spirit has said no. That was hard for me, but I tried to follow directions. Sometimes I get visions which describe areas of pain or places of healing. Other times God just talks to me.

For example: On one occasion I prayed over a broken water pump in the hope that God might repair it. The owner needed the water but could not afford a new pump. Prior to the prayer he had several contractors try to fix it, but each was unsuccessful. As I prayed, the owner attempted to prime the pump. God's reply was very clear, "Not this way." I argued with Him. He continued, "Not this way." Finally, we gave up. Unexpectedly, the next morning a friend stopped by. He looked at the pump and said, "All you have to do is this..." Wouldn't you know, the pump started right up. That was God's way!

How do we discover God's will? My experience is that we do this through continued prayer and long periods of silence. We make too much noise. Silence usually brings the peace we need to actively listen.

USE OF HOLY OIL

Olive oil has been used for healing from the earliest times to our present day. During the time of Jesus, it was one of the ordinary medications used both externally and internally.

I often use olive oil which has been blessed for the purpose of healing. The oil itself does not heal, but in using it we call to mind that when Jesus had oil poured over His head on a hot day, He was comforted. When the Good Samaritan cleaned the wounds of the wayfarer, he used oil. When soldiers went into battle, they covered themselves with oil to make themselves strong. When Jesus was in the tomb, the women came to preserve Him with oil. God uses this ordinary oil to show us His comfort, His cleansing, His strength and His ability to preserve our faith. When we use the oil in our healing prayer, we are reminded of these things. Symbols are important to us in understanding what God is doing in our lives. Oil is one of those symbols.

Also, when we use oil, we are reminded of all the prayers for healing that have been said for us by others, by the Church and by those in heaven who are constantly interceding for our well-being.

On one occasion I prayed for a young lady who was possessed by a hundred demons. When I put oil on her forehead it burned red hot. Satan hates holy oil. If he hates it, I love it.

Usually, I anoint the sick person on the forehead with the Sign of the Cross. Sometimes I also anoint the hands. If convenient, I will put a goodly amount of oil on the painful area. The oil is not sterile and, perhaps, should not be placed on an open wound or burn. It could be placed near these areas.

Oil may be used each time we pray whether it is for something serious or not so serious.

HOW TO PRAY FOR HEALING

There are as many ways to pray for healing as there are diseases. Whatever method we choose, we need, as I have said, to pray simply, expectantly and often.

Some believe that we need to pray in detail and ask for specifics. For example, if a person has cancer, one might ask the Lord to go into the affected area, then into each cell, then to do this or to that. It seems to me that this type of prayer is attempting, once again, to put us in control as we direct God on the best way to heal.

I often find myself in situations where neither the patient, the doctor nor myself really knows what the patient needs. Thinking I know the patient's needs seems presumptuous on my part. What if I gave a list and forgot one or two things? The patient could feel as though the prayer was not effective because part was left out.

A friend told me of a prayer experience that she had with a group of a dozen people. She specifically asked for healing prayer. Instead, they prayed that this illness be a means by which she could achieve a greater relationship with God. She left the experience completely unsatisfied and terribly disturbed. These people placed their own agenda before hers. Prayer is not a vehicle to teach or conjure people into action. Be kind when you pray.

What I have been finding myself doing is saying a general, simple prayer which describes the person's mood, or physical condition and which puts God in charge. I then ask God to respond to all the person's needs both physical and spiritual. Sometimes I do not say anything, but simply place my hands on, or as close as I can to the painful area. I then wait. Sometimes I wait a long time. I try to be patient. I try to be open. I try to be loving. I try to be faithful. I try to be obedient. I try to be quiet. I try to be available. I try to be trusting. I try to be hopeful. I try to be thankful. I try to be humble. I try to be forgiving. I try to be peaceful. I try to be joyful. I try to be gentle. I try to be kind. I try to be compassionate. I try to be merciful. I try to be prayerful. I try to be holy.

It has been my experience that healing prayer works best when we touch each other. When we prayed for people in hospitals, which was rare, we held hands or touched their heads. In group ministry, hands might touch and not be laid on. But healing prayer must include touch and love. Jesus touched people. Therefore, I suggest that when we pray for ourselves or others, we touch the area in need of healing and loving that person. But more than comfort and compassion, we must expect results. I have seen people be healed instantly. I have seen people heal gradually. I have seen people heal over a period of time. But the important point is to expect healing. I have met people who believe in healing but don't expect it. They are more book-bound than Spirit-bound. They know the theory but lack fire.

Pray expectantly. I refer to you back to the section on **EXPECT RESULTS FROM PRAYER.**

Pray often. We are called to be in constant prayer. I believe we should tithe our time, wealth, gifts — and everything else we have — for God's use. This means we should be consciously praying 2–4 hours every day. Everywhere I go I say that and everywhere people balk. I personally spend two to five hours in prayer daily. Sometimes I will spend entire evenings in prayer for those who have requested my prayers. Without this prayer time, I know that my life would be more out of order and I would be less healed.

WE ARE CALLED TO DISCIPLESHIP. We cannot follow someone we do not know. We come to know the Lord by spending time with Him — lots of time. Sometimes people ask for miracles who do not want to give anything in return. Sometimes days, weeks, months and even years of prayer are necessary to affect a healing. Many people stop praying too easily, too quickly. **WE ARE CALLED TO DISCIPLESHIP.**

We are called to pray for each other. We have a promise that where two or three are sincerely gathered and of one mind seeking God's perfect will God would be particularly

present. Therefore, I suggest that when we pray for the sick, we be physically present to them whenever possible.

God can heal through anyone, but some people have a special gift for praying for physical or inner healing. We at New Creation Rural Ministries, Inc., have been blessed with that gift. We humbly offer it to you. Should you wish to write or call, we would be pleased to pray with you for your needs. There is no charge for this. We do ask two things in return: first, that you pray for us; second, that, when you receive the answer to your prayer, you publicly praise the Lord for it. Simple enough?! We are here to be your servant.

We receive lots of thank you letters. Below are only a few of the many.

Michael Rivest is my baptismal name. I was not a monk at this time. My religious name is Oscar Joseph, OCCO. I am a Cistercian monk an Abbot and a Bishop.

"I would like to thank you for coming to High Point and presenting the Seminar on 'The Healing Ministry.' I was very impressed by the professional manner in which you conducted the presentation, while at the same time maintaining a very warm and loving atmosphere. Those of us who participated in the seminar felt the love of Jesus and were able to come to a deeper understanding of Christ's healing presence and ministry. We also experienced a deeper love for God and for each other. Since your visit our local prayer group has flourished and the gifts of the Spirit which were dormant have once again been manifested. I have heard of several healings, inner and physical, that were experienced during this seminar." — **Hilda Kahn**

"As a member of St. Michael's of Gastonia, N.C. I would like to state my appreciation for the ministry and personal Christian witness of Mike Rivest (my baptismal name). I am being an eyewitness can personally attest to the spiritual benefits received by our parish as a result of Mike's services and sharing with the members of St. Michael's. Many people gave testimony of healings either physical or inner spiritual in nature." — **Larry Bell**

"This is to certify that Mike Rivest has been at St. Michael's Church to lead the Charismatic Prayer group in prayer and healing service. I find him a deeply spiritual man, filled with the Holy Spirit and gifted in healing prayer. His presence brought peace and renewal to many in our congregation. I would not hesitate to invite him again." — **Fr. Joseph McKinley**

Michal Rivest is pleasant young man, dedicated to the Church and orthodox in his teachings. I find that his preaching ministry has been inspiring." — **Rev. Raymond J. Geyer, O.S.B., Pastor**

"I received a great blessing from your ministry. I have arthritis all over my body and a dislocated vertebra in my lower back. The pain has lessened greatly. But my greatest blessing was from the Holy Spirit. I have never in my life had such inner peace. It was a quietness, calm that I had never felt. There was a joy, and love from within toward my maker and fellow man. God bless you in your work." — **Bobbi Campbell**

"Praise God for His great love! We have seen Him working in our lives, and ever so strongly since that night we came together and prayed for my father. We continue to thank and praise God for that healing! My Dad has improved so much, and it is a joy to see him up and about, working in the yard, joking and feeling good again. He was in such bad shape before, so full of pain. We were all very afraid. Now we are thanking and praising God. We pray that God's healing love will continue its healing in Dad.

Though Chris and I went to pray for Dad, we came away so full! The next morning, we looked at each other and couldn't believe all that had happened to us! We talked and shared and felt so close and realized God had also poured out His Spirit on us! We were both renewed individually but also as a couple. Our bond of love was strengthened; our marriage had been touched! Thank you, Lord." — **Mary Fleming**

"I have had heart trouble since 1979 and have been under doctor's care. I was to have a heart operation due to two closed heart valves. Two days before I was to go to the hospital, I had a healing which opened the valves. I no longer needed the operation." — **Floyd Pitcher**

"Our marriage was getting bad, but it has been getting better since you have brought Christ down here to talk to us. We are more like one instead of being two. We are doing things together." — **M.P.**

"I was very moved by the presence of God, during our prayers for John. I felt God asking me to believe in Him and to trust in Him. While God was asking this of me, He made it very easy for me to see, feel and know His greatness. After our prayers we read Scriptures and talked. I felt God directing me and telling me about the importance of reading the Bible and spending time in prayer each day." — **Chris Fleming**

"I would like to thank you for coming to High Point to give the healing seminar and Prayer Service. Through you, Jesus' presence and power became very real for those of us who attended the seminar; it drew us into a very close community with one another — a real sign of healing and the power of love. We thank God for using you this way." — **Anne Bosch**

"Just a short note to let you know I don't smoke anymore and my cough is few and far between. I know..."

...beautiful feeling hard to put into words — peace, love, a unity, and a genuine praise and worship to our Lord...

“As for me, I’m feeling better all the way around. More at peace and the feeling that I am really being healed! Since you prayed over me, I have felt stronger, not so consistently tired. So, praise God for the miracle that was brought to me through His presence in you!”

“I’m feeling much better, Mike, and I strongly feel you were the instrument God used to bring healing into my body. I am not in pain and, although I have extremely low blood pressure still, I am getting stronger since I no longer have intestinal bleeding. Praise God! Through His mercy I am coming back to good health!”

“For myself, an old back injury has been healed or at least the pain ended. Our daughter has had a doctor-confirmed healing of scoliosis, so she didn’t even warrant X-rays or other tests. But more important, I have joined Mike in his travels and contacts, visiting the sick and needy, finding a new spiritual growth within myself and strengthening my faith in the Lord.

New Creation Rural Ministries has been a wonderful and needed impact on my family, and I ask only that the Lord bless you all and keep up the works you are doing.”

“You have prayed for me and that the prayers have been answered. I haven’t had any more problems with my gall bladder, so I feel fortunate indeed. I can’t thank you enough. I know you didn’t do it all, but you certainly helped with your prayers. Thank you again and God bless you in your work.”

“After you told me how much God loved me... I looked into your eyes I saw the Christ... Then looking down I saw a ray of light between you and me, slightly darker on the top half and white on the bottom, and it was narrowing toward me and when it got to a point, it pierced my heart, and I felt a sharp pain and then I fell back to the floor... But with the piercing of my heart, I did not get rid of all my pains and problems, but what I did get rid of was all the worries. And since then, they were turned over to God, and I have been happy all the time. Now I never worry about anything, and I just talk to God and Jesus all day with praise and thanksgiving. And I seem to love the whole world and everybody in it. Thank you for the blessing which has helped me to find what I have been waiting for three and a half years.”

“You have helped me find the way to the Lord’s house in my heart and also my family. I needed this help for a long time.”

“So many were blessed, Mike, that evening you spent at our meeting. There has been left behind a beautiful feeling hard to put into words — peace, love, a unity, and a genuine praise and worship to our Lord...”

Now in the Present

This booklet was originally published in October 1986, during a period when I was living a life of poverty in rural New York. At that time, we established New Creation Rural Ministries, an organization dedicated to providing food, clothing, and shelter for the rural poor. I personally visited people in their homes—a task that was sometimes frightening, but I always felt God’s presence guiding and protecting me. Many of these experiences are recounted in my books, *Memories of a Christian Healer*, *The Joy of Spiritual Freedom*, and *Listen with the Ear of Your Heart*. I wrote these works during the first year of the Covid pandemic. They are available for order on my website, <http://www.abbotoscarjoseph.com>, which also features a variety of free writings for your enjoyment.

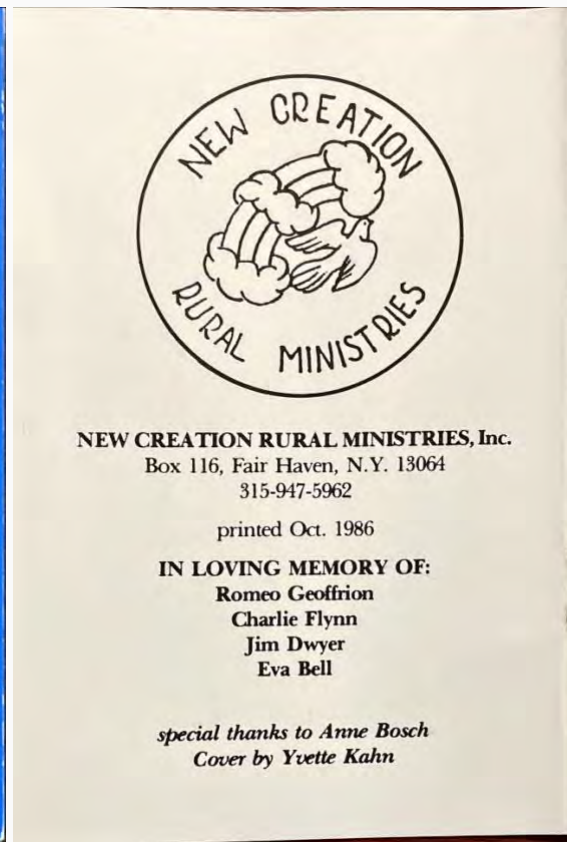
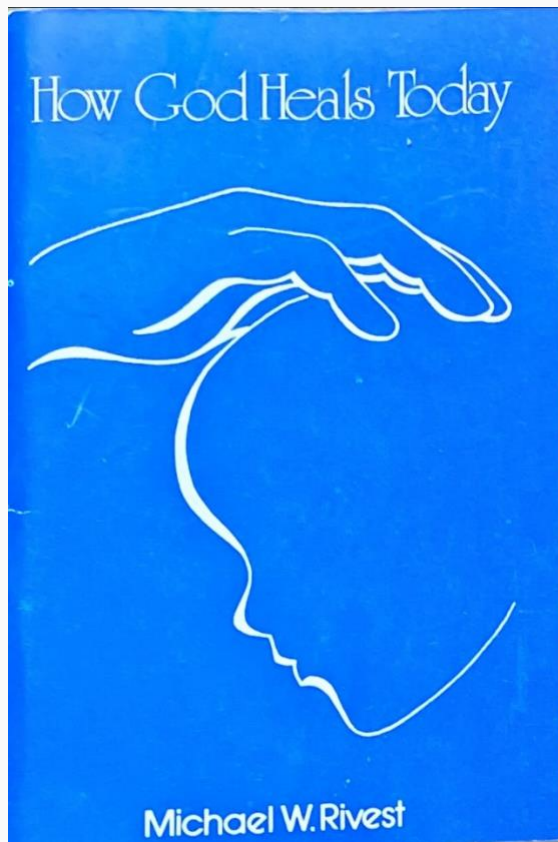
In 1989, I was ordained as a priest, serving both a parish and a Christian counseling practice. Eight years later, in 1997, I became a monk and was appointed Abbot of a small, dispersed monastic community. Since then, I have earned several academic degrees and certifications and have been elected Abbot General and Archbishop of what has become one of the largest monastic groups in the United States. You can learn more about this community at <http://www.cistercianmonks.org/>. Additionally, I am the founder and President of St Stephen Harding Theological Seminary, which you can visit at <http://www.stephenharding.college>.

God has been exceedingly generous and merciful to me. I have journeyed from a place of material poverty—sometimes lacking even food or heat—to a broader sphere of service. I am grateful to be an instrument of God’s work.

Despite all the spiritual authority, power, and wisdom I have been granted, I remain steadfast in the beliefs and teachings you have read in this booklet. Today, when I pray with others, they consistently experience the presence of our Good Lord, and a high percentage receive His healing grace.

My prayer is that God sees me as a dedicated Apostle.

This is the actual size of the cover and first page of the pamphlet of 32 pages



This is Charlie and me 1986.

We got him the tank so he could have water. There were many baking dogs.

The photos are taken from a film made by Syracuse University.





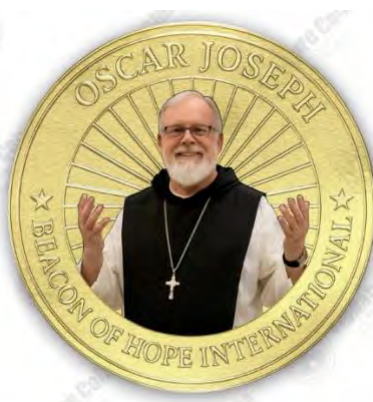
Brother Oscar Joseph,
OCCO



*Welcoming you to a path of healing
and spiritual depth through:*

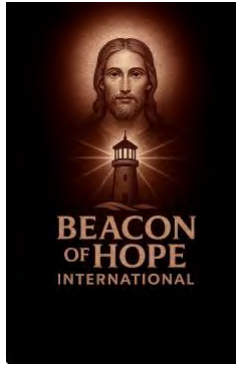
- Healing Services
- Retreats
- Seminars
- Spiritual Direction
- Individual Counseling

✉ AbbotPrays@aol.com
 🌐 AbbotOscarJoseph.com



This is often what our Healing Ministry looks like today. I still go to hospitals and people homes. Recently I prayed with a fifty-year-old lady with an inoperable brain tumor. The doctor reported that the tumor shrank 82%. She is still alive and now enjoying her life.

Often people come to my office in Winston Salem, NC. We have had many healings here and hundreds of people arrive for counseling. We also have a private chapel in which we have celebrated all of the Holy Sacraments. The remaining several pages will be details of our current services.



Beacon of Hope International

Statement of Purpose & Mission

At Beacon of Hope International, we are devoted to guiding souls into deeper communion with God through the sacred journey of trust. We believe that learning to trust God is not merely a spiritual discipline—it is a transformative pilgrimage. It begins in surrender and unfolds through prayer, silence, and service. Trust is not passive; it is a courageous act of faith, a deliberate resting in divine providence even when the path ahead is veiled in mystery.

As we yield to God's rhythm, trust becomes the gateway to grace. It anchors us in peace, liberates us from captivity, and draws us into union with the Eternal. In this surrender, we become vessels of hope—living icons who reflect the light of Christ to a world longing for sacred presence.

We affirm that:

- **Trust in God** enables us to break through our captivity and become one with Him.
- **Gratitude** opens the soul to communion with God, self, and others—transcending fear and awakening love.
- **Gentleness** is the path to true joy and freedom, guiding others toward God's eternal intent.

Through these virtues, we seek to embody the mission of Beacon of Hope International: to radiate divine light, restore sacred identity, and lead others into the fullness of life found only in God.

How We Accomplish Our Mission

We accomplish our goals by building trust in God, forming individuals' spiritual identity, and serving others with compassion and clarity.



contact Brother Oscar
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There is always room
for you.

