

# Health and Healing

**F**ather, in the name of Jesus, I come before You asking You to heal me. It is written that

the prayer of faith will save the sick, and the Lord will raise him up. And if I have committed sins, I will be forgiven. I let go of all unforgiveness, resentment, anger, and bad feelings toward anyone.

My body is the temple of the Holy Spirit, and I desire to be in good health. I seek truth that will make me free — both spiritual and natural (*good eating habits, medications if necessary, and appropriate rest and exercise*). You bought me at a price, and I desire to glorify You in my spirit and my body — they both belong to You.

Thank You, Father, for sending Your Word to heal me and deliver me from all my destructions. Jesus, You are the Word Who became flesh and dwelt among us. You bore my griefs (pains) and carried my sorrows (sickness). You were pierced through for my transgressions and crushed for my iniquities, the chastening for my wellbeing fell upon You, and by Your scourging I am healed. Father, I give attention to Your words and incline my ear to Your sayings. I will not let them depart from my sight, but I will keep them in the midst of my heart, for they are life and health to my whole body.

Since the Spirit of Him Who raised Jesus from the dead dwells in me, He Who raised Christ from the dead will also give life to my mortal body through His Spirit Who dwells in me.

Thank You that I will prosper and be in health, even as my soul prospers. Amen.

## *Scripture References*

James 5:14-15

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

KJV

Proverbs 4:20-22

20 My son, attend to my words; incline thine ear unto my sayings.

21 Let them not depart from thine eyes; keep them in the midst of thine heart.

22 For they are life unto those that find them, and health to all their flesh.

KJV

1 Corinthians 6:19-20

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

KJV

Psalms 103:1-5

Bless the Lord, O my soul: and all that is within me, bless his holy name.

2 Bless the Lord, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

KJV

Psalms 107:19-20

19 Then they cry unto the Lord in their trouble, and he saveth them out of their distresses.

20 He sent his word, and healed them, and delivered them from their destructions.

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3 John 2

2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

KJV