

Healing Prayer Guide - January 2024

Divine healing can be a controversial topic with many theories and confusion around God's will. We all know people who have experienced supernatural healing and we all know wonderful, godly children of God who did not receive healing. I acknowledge that I do not have all the answers but throughout scripture we can see God's deep love for us, his compassion and mercy, his healing power and his desire to bless his people and give them "life abundant" (John 10:10) so as we pray through this guide we will shoot for the loftiest goal and pray for divine supernatural healing to come to our own life or the lives of those we are interceding for.

Clarity

"Open my eyes, that I may behold wonderful things from your law" (Psalm 119:18).

Lord God, as we come to you seeking healing either for ourselves or loved ones we ask that you will open our eyes to the truth. Help us discern clearly which scriptures you are highlighting to us personally, give us clarity on your will for your children as regards healing and make us humble enough to accept and confess any barrier we have unintentionally raised that may block healing or the truth of your Word regarding healing.

God's Promises for Healing

"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" (Isaiah 53:5).

Lord, you have promised us healing as part of your atoning work on the cross so Father, help us to access this healing in our bodies or our minds. You bore our sickness and by your wounds we are healed. You have already taken our punishment to bring us peace so please let that peace manifest right now in our bodies and minds removing all pain, sickness, anxiety, depression and fear. Lord, right now fill us with your Spirit and your healing power to bring every part of our bodies into alignment with your will and your perfect design. Remove any dysfunction, disease, inflammation, misalignment, disorder, sickness or pain from us and instead may the Lord "restore you to health and heal your wounds" (Jeremiah 30:17).

"He saw a great crowd and was moved with compassion toward them, and he healed their sick" (Matthew 14:14).

Lord Jesus, you showed the Father's heart to heal people when you were on earth healing multitudes. You are truly God Incarnate and you showed compassion, kindness, love, mercy, and a desire to see people healed and restored so we know that this is our Father's heart also. You love us so much and you want to see us walking in victory, in wholeness and blessing when we follow you and walk in your ways. It is written "Jesus Christ is the same yesterday, today and forever" (Hebrews 13:8) so how can we not believe it is still your desire to heal the sick and that as you are "at the right hand of God...interceding for us" (Romans 8:34) you are making

intercession for our restoration in mind and spirit. Help us to put aside all the clamor and confusion and hear what you are saying to us about your will and desire to heal your people.

“Is anyone among you sick? 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. And the prayer offered in faith will make the sick person well; the Lord will raise them up” (James 5:14-15).

Father God, you give us instructions on praying for healing and that the prayer of faith will heal the sick. Jesus healed all the sick who came to him and you are still the same God so show us how to intercede in faith that we may see many more healed in this time. Anoint and raise up our pastors and leaders and bestow spiritual gifts of healing on more of your children. Forgive us if we have stopped believing in your ability to heal and give us a new revelation of you as our healer. You state “For I am, the Lord (Jehovah), who heals (Rapha)” (Exodus 15:26) - you declare yourself as a healer and you do “not change like shifting shadows” (James 1:17) so you are still a healer right now. As you ask us “Behold, I am the LORD, the God of all flesh: Is there anything too hard for me? (Jeremiah 32:17) let us cry in faith NO, Lord, nothing is too hard for our mighty God and bring our requests for healing before you with confidence.

Our Good Father

“The goodness of God disposes him to be kind, cordial, benevolent and full of good will toward men. He is tender-hearted and of quick sympathy, and his unfailing attitude toward all moral beings is open, frank and friendly. By his nature he is inclined to bestow blessedness and he takes holy pleasure in the happiness of his people” (AW Tozer - “The attributes of God”).

“See what great love the Father has lavished on us, that we should be called children of God!” (1 John 3:1).

Lord, your word teaches “The Lord is gracious, and full of compassion; slow to anger and of great mercy” (Psalm 145:8) and that you “delight to show mercy” (Micah 7:18) so Lord, help us to believe it is your will to heal us. Yes, you must discipline us when we sin or teach us to persevere in trials but when we walk in your ways and follow you faithfully and obediently your desire is to bless us and be gracious towards us. The Bible says “If you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him” (Matthew 7:11). Father, you are a good, good father full of love, mercy and compassion so we come now to ask you to bestow those good gifts on us - gifts of healing, wellness and restoration of body and mind. Take away all the sickness, disease, infirmity and spiritual darkness and replace them with more of you and your goodness towards us.

Faith

“Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24).

Lord, this sounds so simple but we know it is so hard to have the kind of faith you talk about in the Bible. “Truly, I tell you, if you have faith as small as a mustard seed, you can say to this mountain, move from here to there, and it will move. Nothing will be impossible for you”

(Matthew 17:20). Father, bless us with this kind of faith, increase our faith and our trust in you that when we pray in accordance with your word and will then nothing will be impossible and that includes healing. Hear us as we cry, "I do believe, help me overcome my unbelief!" (Mark 9:24).

"By faith in the name of Jesus, this man whom you see and know has been made strong. It is Jesus' name and the faith that comes through Him that has given him this complete healing in your presence" (Acts 3:16).

Lord, it is in your power alone and by faith in you that we are healed. Not one of us in our own power or strength can do anything to bring about healing but by faith in the mighty name of Jesus and because of his sacrifice on the cross we can be forgiven and healed. We give you all the glory and praise for this and ask that in us and in those we pray for, you "do immeasurably more than all we ask or imagine, according to his power at work in us" (Ephesians 3:20). Give us more faith than we thought possible and give us more of your Spirit on us, in us and with us so that we can fulfill the words of Jesus that "whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father" (John 14:12). May these greater things include prayer, healing and miracles in the power of your great Name.

"So then faith comes by hearing, and hearing by the word of God" (Romans 10:17).

Lord God, thank you for this reassuring verse that although we may fall short in our faith we can increase it by reading your Word and by hearing what you have to say either to us directly or through others prompted by your Holy Spirit. Lead me to scriptures that will increase my faith and help me hear your voice more clearly as I read the Word, take time to be still in your presence or journal with you. May we join with the psalmist in praying "Let me hear what God the Lord will speak, for he will speak peace to his people" (Psalm 85:8).

The Power of the Word

"Pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body" (Proverbs 4:20-22).

Father, you give us clear instructions for finding healing through your words. Help us to be diligent in following your prescription for life and health - may we pay attention to what you say, giving it our undivided attention and listening carefully. May we bend our ear to your words with humble and teachable hearts and receive what you say with faith and obedience. May we also treasure your words, reading them often and keep them within our hearts believing them as true, allowing them to affect the way we live. As we treasure and live by your words, let us believe and expect to see your promise fulfilled that we will find life and health for our whole bodies.

Fear of the Lord

“But for you who fear my name, the Sun of righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves led out to pasture” (Malachi 4:2).

Heavenly Father, teach us to fear your name and to fear the Lord as our holy, awe inspiring, wondrous God and Savior. Your word says “fear of the Lord is the beginning of wisdom” (Psalm 111:10), “fear of the Lord prolongs life” (Proverbs 10:27) and “the fear of the Lord is a fountain of life” so let us pursue this virtue with all our hearts. May we desire humility and righteousness and take to heart your advice - “Don’t be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones” (Proverbs 3:7-8). Let us hold fast to your promises for us who fear your name and reject evil so we can see healing to our bodies and will go leaping with joy like the calf. May every person who is currently unable to leap because of physical limitations rejoice and claim these promises knowing that “all the promises of God in Him are yes, and in Him Amen, to the glory of God” (2 Corinthians 1:20).

Mercy and Compassion

“The Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!” (Isaiah 30:18).

Father God, we know you are gracious, merciful and compassionate towards all your children. Help us to wait on you as we cry out for healing. Lord, you are a good Father and your word shows how you want us to be whole and walk in blessing and abundant life. Yes, suffering and trials will come but you say your plans for us “are good” to give us “a hope and a future” (Jeremiah 29:11). Your Word says “After you have suffered a *little while*, the God of all grace, who has called you to His eternal glory in Christ, will himself restore, confirm, strengthen and establish you” (1 Peter 5:10). Teach us what we need to learn during our times of suffering Lord and then restore and strengthen us so we can serve you in full capacity not weighed down and restricted by debilitating pain and infirmity.

Speaking Life

“The tongue has the power of life and death, and those who love it will eat its fruit” (Proverbs 18:21).

Loving Father, help us to speak life and truth over ourselves and our loved ones. Right now we lift up those in need of healing and we speak life, wholeness, healing and peace over them. We break off any words of death, infirmity or destruction spoken over ourselves or our loved one in Jesus Name. “It is written: ‘I believed; therefore I have spoken’. Since we have that same spirit of faith, we also have believed and therefore speak” (2 Corinthians 4:13) so let us speak out with faith the goodness of the Lord, his faithful promises and his everlasting love for us. Fill us with your Spirit, Lord for “the Spirit gives life, the flesh counts for nothing. The words I have spoken to you - they are full of the Spirit and life” (John 6:63).

Hope

“Hope deferred makes the heart sick, but a longing fulfilled is a tree of life” (Proverbs 13:12).

Lord, many of us have been praying and asking for healing for a long time either for ourselves or our loved ones. You know that hope deferred makes the heart sick so take that from us and let new hope rise up in us to see our longings for health and strength be fulfilled like a tree of life. Help us to continue to hope in you remembering that “hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience” (Romans 8:24-25). Your word promises that “The Lord will withhold NO good thing from those who do what is right” (Psalm 84:11) so we ask you to bestow upon us the “good thing” for us in our situations as we strive to follow you and walk in your ways. It is written, “I wait for the Lord, my whole being waits, and in his word I put my hope” (Psalm 130:5) so let us be like Abraham who “even when there was no reason for hope, kept hoping - believing that he would become the father of many nations....Abraham never wavered in believing God’s promise. In fact, his faith grew stronger and in this he brought glory to God” (Romans 4:18,20).

Prayer for Healing

“Lord, my God, I called to you for help and you healed me” (Psalm 30:2).

Heavenly Father, we come now to call to you for help and healing. You know every part of our bodies or the bodies of those we pray for. We name every part that requires healing and ask you to move in healing power taking away all that is broken, diseased or malfunctioning in my body. Flood my body with your healing virtue and restore every organ, ligament, muscle, bone, tendon, neuron, nerve, synapse and cell to your perfect design. We ask you for release from pain, infirmity, immobility, fatigue, inflammation, memory and cognitive problems and from anxiety and depression. Replace them with peace, energy, strength, mobility, freedom from pain, clarity of mind, joy and confidence. Help us make wise and healthy choices that will help with our healing journey and to listen and follow your instructions every step of the way.

7 Barriers to Healing (based on Derek Prince’s sermon of this title)

“Our Lord is not only willing but eager to pour his blessings in great profusion upon all who make it possible for him to do so. Benevolence is the great attribute of God. If you want to please him, remove the obstacles out of the way of the exercise of his benevolence” (FF Bosworth).

“However, when he, the Spirit of truth, has come, He will guide you into all truth; for he will not speak on his own authority, but whatever he hears he will speak” (John 16:13).

Lord, may we come to you right now with humble and teachable hearts and ask that if any of these barriers to healing are true for us that you highlight them to us with the nudging of the Holy Spirit and help us to remove them so that we can experience your healing. Thank you for your grace and mercy towards us and for our helper, the Holy Spirit, who can guide us and teach us so we can be “more than conquerors through him that love us” (Romans 8:37).

Lack of knowledge

“My people are destroyed for lack of knowledge” (Hosea 4:6).

Father, we confess that in many ways we are ignorant of your Word and your Will especially when it comes to healing. If our lack of knowledge is blocking our healing in any way such as ignorance of your commands, your instructions, your promises or your will towards us regarding healing or salvation then show us the truth. Make scripture come alive to us and let us hear your voice so “The unfolding of your words gives light; it gives understanding to the simple” (Psalm 119:130). Convict us if we are guilty of not seeking you diligently, not studying your word or taking time to sit and listen to your voice. Forgive us and remove this barrier to healing as we pledge to seek your face, study your word and spend time listening to what you are saying.

Unbelief or Hardened Hearts

“See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the Living God” (Hebrews 3:12).

Lord, many of us struggle with unbelief and doubt at times and we come now to confess this sin before you and ask you to deliver us from it and increase our faith and trust. Help us to follow your command in James 1:6 - “when you ask, you must believe and not doubt”. Replace our unbelief and doubt with faith and with surety of your goodness, your power and your love. If we have hardened our hearts in any way towards you or toward your words then we ask that you “take out the heart of stone and put in a heart of flesh” (Ezekiel 11:19). We choose right now to turn from unbelief of any kind and to proclaim our faith - “I believe in the God the Father, I believe in Jesus Christ, His Son, I believe in God the Holy Spirit, and I believe the Bible - the true, authoritative word of God and that it is the truth”.

Unconfessed Sin

“When I refused to confess my sin, my body wasted away and I groaned all day long” (Psalm 32:3).

“Confess your sins to one another and pray for one another, that you may be healed” (James 5:16).

Holy Spirit, if there are any unconfessed sins in our lives, in word, deed or thought, please reveal them to us as we sit quietly in your holy presence. We join with David, in crying out to you “How can I know all the sins lurking in my heart? Cleanse me from these hidden faults” (Psalm 19:12). We praise you that “whoever confesses and forsakes them will have mercy” (Proverbs 28:13). If anything comes to mind, we confess it and say sorry, asking you to forgive us and make us clean wholly believing that “the blood of Jesus, his Son, cleanses us from all sin” (1

John 1:7). Thank you Jesus for your blood that washes us white as snow, thank you for forgiveness and mercy and for taking my sin upon yourself on the cross. Now that I am forgiven, I ask that you take away any shame or guilt and help me forgive myself as you have forgiven me. Help us not to turn back to sinful ways or fall into the same temptations - let us "be made new in the attitude of our minds" (Ephesians 4:23) that we no longer desire or cherish these sins in our hearts.

Unforgiveness

"Most of the ground that Satan gains in the lives of Christians is due to unforgiveness" (Neil Anderson, author of the Bondage Breaker).

"And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins" (Mark 11:25).

Lord, we may not even be aware of people we have not forgiven. As we sit here before you, in your great power and mercy, bring to mind any person from any time in our past that we have neglected to forgive. Help us not to hinder our prayers or our own forgiveness by holding onto unforgiveness when you command us over and over to forgive. Show us what it truly means to forgive - that it is not forgetting or saying what was done is ok but it is releasing them to God and to his promise that "Vengeance is mine, I will repay, says the Lord" (Romans 12:19). "With his wounds we are healed" (Isaiah 53:5) and not by the wounds of our enemy. Jesus, you already took their sins too so let us release them to you.

Occult Involvement

"Do not bow down before their gods or worship them or follow their practices. You must demolish them and break their sacred stones to pieces. Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you, and none will miscarry or be barren. I will give you a full life span" (Exodus 23:24-26).

Lord God, bring to our minds any time that we have knowingly or unknowingly been involved in the occult throughout our lifetime or if we have any idolatrous objects in our homes or any family association to freemasonry or other ungodly cults. Help us renounce and repent of any involvement in the occult and forgive us right now so we can be clean in your sight. We ask you Lord, to break the power of any curse from occult involvement in Jesus name and to pour out your blessings of healing, wholeness and peace upon us.

Generational Curses

"The LORD is slow to anger, abounding in love and forgiving sin and rebellion. Yet he does not leave the guilty unpunished; he punishes the children for the sin of the parents to the third and fourth generation" (Numbers 14:19).

Father, this is a difficult topic but your word says that there can be curses that come through the generations and we know that "Christ redeemed us from the curse of the law by becoming a curse for us" (Galatians 3:13). Thank you Jesus for becoming a curse for us so that we might be redeemed and enter into the blessing. Father, release us from any curse that might be upon us

either from generational iniquity or witchcraft coming against us in Jesus name and bestow upon us instead the blessing of healing. If we need more specific healing and repentance in this area then by the power of your Spirit lead us to teachings or people who can minister to us and walk us through the process of breaking free from generational curses or spirits.

Evil Spirits

“That evening many demon-possessed people were brought to Jesus. He cast out the evil spirits with a simple command, and he healed all the sick.” (Matthew 8:16-17).

Almighty God, we have no idea if an illness has a natural or supernatural cause but you Lord, know all things and see all things so if there is anyone reading this who right now is troubled with a spirit of infirmity or pain or crippling or death, please reveal this so they can be set free. If anyone needs to be delivered of an unclean spirit in order to be healed then make a way for this to happen so they can be fully restored. Let us not be afraid to tackle this topic and seek healing in this area for Jesus told us “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you” (Luke 10:19).

Healing v Miracles

“The same Spirit gives great faith to another and to someone else the one Spirit gives the gift of healing. He gives one person the ability to perform miracles” (1 Corinthians 12:9).

Father, I'm guilty of expecting miraculous healings with prayer and then losing faith and being discouraged when I don't see them but your Word distinguishes between miracles and healings. Help us to believe we have been healed and to walk out that healing in faith until we see it come to fullness. When we are prayed over and believe we've received healing let us “look not to the things seen but to the things that are unseen” (2 Corinthians 4:18) and keep our eyes off our symptoms but focused on Jesus in gratitude until we see our healing come to completion. Let us continue to pray for a miracle for “you are the God who performs miracles; you display your power among the peoples” (Psalm 77:4). Whether we see instant healing or it is a process, let us “rejoice always, pray continually, give thanks in all circumstances” (1 Thessalonians 5:18).

When Healing Does not Come

“The Lord our God has secrets known to no one. We are not accountable for them, but we and our children are accountable forever for all that he has revealed to us, so that we may obey all the terms of these instructions” (Deuteronomy 29:29).

Father, only you know why sometimes healing does not come to one of your children. You are the one to whom all knowledge belongs so help us to trust in you and your goodness even in the midst of pain, suffering and discouragement. If there is anything blocking our healing please reveal the source and help us deal with it. If we must be patient, let us model Romans 8:25 “if we hope for what we do not have, we wait for it patiently”. If there is something you need us to do or learn, may we diligently seek you until we have the revelation and then be obedient in all you ask. Help us to cling to Romans 8:28 - “we know that for those who love God ALL things work together for good, for those who are called according to his purpose”.