

Prayer Topic #9:

A Prayer for Physical and Mental Healing

Scripture Reading:

Psalm 8, Matthew 5:1-34

Reflections of the Heart:

We are made in the image of God. We bear His likeness. The promise of our total man (mind, body, and spirit) being made whole has been fulfilled in the crucifixion, death, and resurrection of Jesus Christ, our Lord and Savior. Receive the power and provision of His precious blood today. It belongs to all God's children!

Scriptural Prayer:

Sovereign Father, we thank You for peace which exceeds anything we can understand. Thank You that Your peace guards our hearts and minds as we live in Christ Jesus. Thank You that because of our faith, our healing will happen. We who praise You serve You, O Lord. We praise You for You are good. We celebrate Your lovely Name with music. Your Name endures forever and Your fame is known to every generation. You are merciful and compassionate, slow to get angry and filled with unending love. You are good to everyone and You shower compassion on all Your creation. All Your works will thank You, Lord. Your faithful followers will praise You. We will all speak of the glory of Your Kingdom. We will give examples of Your power.

Awesome Father, regardless of whatever tries to afflict our physical or mental health, we confess that we have perfect peace because we trust in You. Our thoughts are fixed on You. We, the righteous, face many troubles, but You come to rescue us each time. You are our faithful, loving Father! We proclaim that those within our Church Family who are earnestly seeking physical and mental healing will be led to life and peace by letting the Holy Spirit control their minds. We decree and declare that they are not afraid of the terrors of the night, nor the arrow that flies in the day. They do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at their side, though ten thousand are dying around them, these evils will not touch them. We, the Windsor Village UMC Church Family proclaim that the Lord. Most High is our refuge and shelter. Therefore no evil will conquer us and no plague will come near our homes. You order Your angels to protect us wherever we go. We confess that our bodies are a living and holy sacrifice that is acceptable to You. We don't copy the behavior and customs of this world, but we let You transform us into a new person by changing the way we think.

Holy Spirit, we ask you to lift the cloud of despair and depression from all those within our Church Family who are physically and mentally oppressed. Give them the crown of beauty for ashes, a joyous blessing instead of mourning, and festive praise instead of despair. Empower them to become great oaks of righteousness that the Lord has planted for His own glory. Help them to desire deeper fellowship with the Father and lead them away from destructive behaviors and lifestyles that diminish the effectiveness of God's Word in their lives. Encourage them to believe that as they come closer to the Father, He will come closer to them. When they feel dejected and sad, remind them that the joy of the Lord is their strength. Holy Spirit, keep those who are on medication committed to their daily regimen as they trust You to make them whole. Please strengthen their family members and caretakers and help them to always walk in Your peace, love, and patience with their loved one(s).

Find God's promises concerning peace and begin to proclaim them over those people who you know are stressed and overburdened by life:

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Wonderful Father, forgive our physically and mentally oppressed members for all their sins. Forgive them for being anxious and for allowing fear and worry to consume them. Forgive them for not staying consistent in prayer and the study of Your Word. Forgive them for being disobedient to their physicians and caretakers. Lord, forgive

me for (list any sins that You have committed). Holy Spirit, remind us all of those we need to forgive and help us to be quick to forgive. As for me, Holy Spirit, bring to my remembrance those I need to forgive. (Take a moment and ask the Holy Spirit to show You names or faces of people that You may need to forgive. As He shows You, say aloud, "I forgive name of person(s)." Now, trust the Lord to heal any wounds in Your soul caused by unforgiveness.)

Holy Father, help those who are physically and mentally oppressed not to yield to temptation; but deliver them from the evil one.

Almighty King, there is no one like you! You are great and Your name is full of power. Who would not fear you, O King of nations? That title belongs to You alone! Lord! Let the whole earth glorify You and sing Your praise. You will come out like a warrior, full of fury. You will shout Your battle cry and crush all Your enemies. In Jesus' Name, Amen.

Scripture References for the Written Text: Philippians 4:7, Matthew 9:29, Psalm 135:1,3,13, Isaiah 26:3, Psalm 34:19, Romans 8:6, Psalm 91:5-7, 9-11, Romans 12:1,2, James 4:8, Nehemiah 8:10, Matthew 6:13, Jeremiah 10:6-7, Isaiah 46:12-13

Today I will trust God to:

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