

Prayer Topic #1:

A Prayer of Healing During Cold and Flu Season

Scripture Reading:

Psalm 86:11-13, James 5:13-16

Scriptural Prayer:

Loving Father, we thank You for being the Lord God who heals. Thank You for keeping our bodies healthy. Thank You for sending doctors and nurses to help Your people feel better. Lord, we Your servants praise You. Blessed is Your Name, Lord, both now and forever. Everywhere from east to west, Your Name will be praised. You are high above the nations; Your glory is higher than the heavens.

Eternal Father, it is Your will that all will be well with us, and that we are as healthy in our bodies as we are strong in our spirits. We expect this Word to operate in our lives during the cold and flu season. We declare that our body's defense systems are healthy and strong. We confess that we will do the things in the natural to protect ourselves, including eating properly, getting the proper amount of rest and drinking plenty of water. We declare that we will take our vitamins and exercise. We will wash our hands and practice good hygiene. For those who have a cold or the flu, we command healing to manifest in their bodies and confess a quick recovery time for them.

Holy Spirit, I will pray for the following people to be healed:

Holy Spirit, please strengthen the bodies of those whose defense systems have been compromised due to previous health challenges. Show them the necessary steps they need to take to protect themselves and their loved ones. Please protect us all keep us safe from sickness and disease. Please show our school teachers, daycare center workers and parents how they can cut down on the transfer of cold and flu germs among us as students.

Beloved Father, forgive us for not taking better care of our bodies. Forgive us for poor eating habits and lack of exercise. 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)."***

Holy Spirit, help us all not to yield to temptation but deliver us from the evil one.

Lord of Heaven's Armies, honor and majesty are before You. Strength and beauty are in Your sanctuary. We recognize that You are glorious and strong. We give You the glory that You deserve! In Jesus' Name, Amen.

Scripture References for the Written Text: Psalm 113:1-4, Ill John 2, Matthew 6:13, Psalm 95:3, 6, Psalm 96:6-8 (NKJV)

Today, I will trust God to:

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