



**Prayers for
a Healing
Journey**



*Lord,
You are our Physician, healing the ills of all.
You reduce the swelling of pride,
renew wasted life, and excise
what is superfluous.
You preserve **what is necessary**,
restore what has been lost,
and cure what has been corrupted.
—Augustine*

My Mind is Happy Today

Leslie Weatherhead, England (1883-1975)



My mind is happy today in the thought that I am God's child in God's world to do God's work within God's will.



This is to be a day of joy and optimism and courage. From all negative thoughts my mind resolutely turns away. The Spirit of God is working in my body to bring health, and in my mind to bring serenity,



and I am one with that spirit. I am not apart from, or disapproved of, or turned away by God. No imposter-fears shall let me think I am.



I affirm the reality of health and peace and love within me because God dwells therein.





Eternal God,

*Let them say what Your Spirit has given
in their hearts rather than that which
would make pleasant hearing to those
who represent the forces of all that is
average.*

—Karl Rahner, SJ

I lift up my heart, O God,

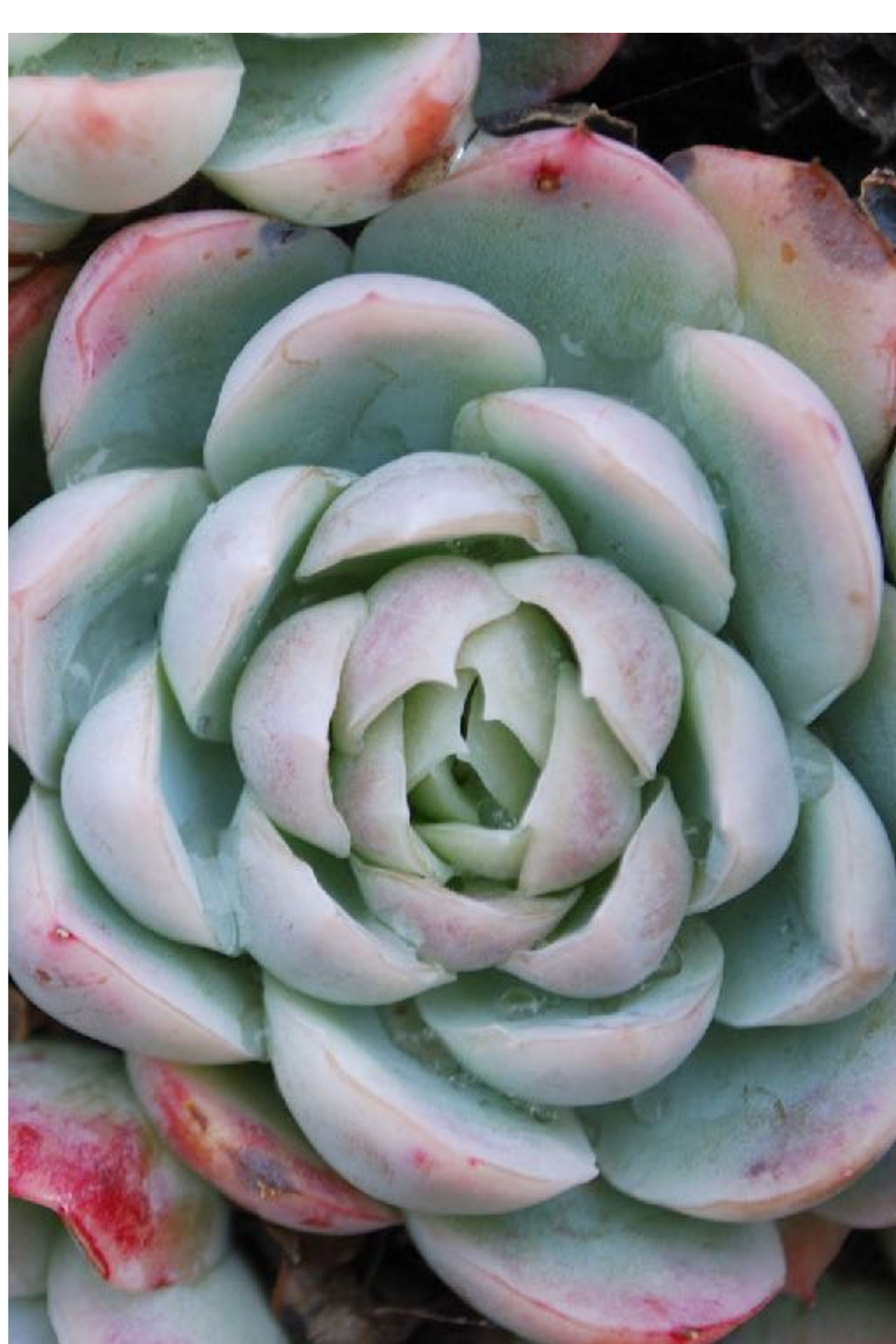
*for all who are the prey of anxious fears,
who cannot get their minds off themselves
and for whom every demand made on them
fills them with foreboding, and with the feeling that they cannot
cope with all that is required of them.*

*Give them the comfort of knowing that this feeling is illness,
not cowardice; that millions have felt as they feel, that there is
a way through this dark valley, and light at the end of it.*

*Lead them to those who can help them
and understand them and show them the pathway to health
and happiness.*

*Comfort and sustain them by the loving presence of the
Saviour who knows and understands all our woe and fear, and
give them enough courage to face each day,
and rest their minds in the thought that You will see them
through.*

—Leslie Weatherhead, England (1883-1975)



Praise God for a Living Hope

“I am the LORD who heals you.”—Exodus 15:26

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.—Psalm 103:1-5

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through

the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.— 1 Peter 1:3-6

I love you, O Lord, my strength. The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.—Psalm 18:1-2

The Lord sustains them on their sickbed and restores them from their bed of illness.—Psalm 41:3

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.— Matthew 9:35

Confess your sins to one another so that you may be healed.— James 5:16

Jesus Christ is the same yesterday and today and forever.— Hebrews 13:8

“Oh, that I might have my request, that God would grant what I hope for . . . “— Job 6:8

When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”—John 5:6



“If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.” —Exodus 15:22-27

You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
—Psalm 91:5-6

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. —3 John 1:2



***Write, find, or draw your own
prayer!***





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