

Adele Hopes

— MY JOURNEY
TO WHOLE —
HEALTH

SCRIPTURE STATEMENTS AND PRAYERS

- 1 Peter 5:7 I cast my anxiety and worries on You, for You care for me.
- 2 Chronicles 16:12 I will seek You and trust You to heal me. You may use physicians to give wisdom and advice, but YOU are my Healer. I will not be like Asa who sought the physicians and magicians, but did not seek You regarding his diseased feet.
- 2 Cor. 1:3-5 You are my comfort. Praise You! You are the Father of Compassion. You will use this for me to comfort others because of the comfort I have received from You.
- 2 Cor. 12:9 Your grace is sufficient for me each day. Your power is perfected in my weakness.
- 2 Cor. 7:1 Show me any defilement of body and spirit that I need to cleanse myself from, bringing holiness to completion in the fear of God.
- 2 Tim. 1:7 You have not given me a spirit of cowardice and fear - that is from the enemy. You have given me a spirit of love, power, self-discipline, and sound mind.
- 3 John 2 Lord, I pray for me and others that above all things, we may prosper and be in good health, just as our soul prospers.
- Eph. 6:10-18 I put on the helmet of salvation (to guard my mind), the breastplate of righteousness (to guard my heart), and the belt of truth. I prepare my feet with the gospel of peace and pick up the shield of faith and the sword of the Spirit (my offense). I will pray at all times in the Spirit. By this I will be strong in You, in the strength of Your might.
- Exodus 15:26 You, LORD, are my Healer.
- Exodus 23:25 I will worship You, and You will bless the food I eat and water I drink to take away sickness.
- Ezekial 11:19 Create in me a clean heart and renew a right spirit in me.
- Genesis 50:20 I believe what is meant to destroy me will be used by You for good, to save the lives of others and draw them to You - just as you used the bad that happened to Joseph for this same good.
- Hebrews 12:6-11 Those you love, You discipline as sons and daughter, for our own good, that we may share in Your holiness - afterwards yielding the peaceful fruit of righteousness.
- I Cor. 10:13 Whether I eat or drink, whatever I do, I will do all for the glory of God.
- I Cor. 2:12-3 You will help me know things. I will be taught by Your Spirit to know the things freely given by You.

I Cor. 4:20; I Cor. 2:5 Your kingdom does not operate by the boastful words of men, but by Your miraculous power. Therefore, my faith does not rest on the wisdom of men, but on Your power.

I Cor. 6:18 I will not sin against my own body.

I Cor. 6:19-20 My body is a temple of Your Holy Spirit - a Holy of Holies. You bought my body with a high price, so I will glorify You with my body.

Isaiah 40:31 I will wait on You, LORD, and gain new strength.

Isaiah 41:10 I will not fear, for You are with me. You will strengthen me and help me. You will uphold me with your righteous right hand.

Isaiah 48:10 You will refine me.

Isaiah 48:17 You will teach me how to live, what to do, and where to go.

Isaiah 53:4-5; 1 Peter 2:24; Matt. 8:16-17 By Jesus' wounds, I am healed. "And when evening came, they brought to Him many who were demon-possessed; and He cast out the evil spirits with a word, and healed all who were ill, in order that what was spoken by the prophet Isaiah might be fulfilled, saying 'He Himself took our infirmities and carried away our diseases.'"

Isaiah 55:8-9; I Cor. 2:16 Your thoughts are higher than my thoughts, so teach me Your thoughts. You instruct me, and I have Your mind as a result.

James 1:2-3 I will consider it joy to face this trial because You are producing endurance by the testing of my faith, so that I will be mature and complete, not lacking anything.

James 5:13 I am afflicted, so I will pray.

Jeremiah 17:14 Heal me, oh LORD, and I will be healed; save me and I will be saved, for You are the one I praise.

Jeremiah 29:11 Your thoughts toward me are to give me hope and purpose.

John 15:7-8 I will abide in You and Your words will dwell in me (in my mind, heart, and body). I will ask for whatever I wish, and it shall be done for me. By this You will be glorified, that I bear much fruit and prove to be Your disciple.

Joshua 1:9 I will be strong and full of courage, for You are with me. I will not be fearful or dismayed.

Luke 11:9-10; Matt. 7:7-11 I will keep asking and it will be given to me. I will keep searching and will find. I will keep knocking and the door will be opened to me. You have good gifts for me when I ask!

Luke 18:42; Matt. 15:28; Matt. 8:5-13; Luke 17:19; Hebrews 11:1 Jesus, You said, "Your faith has healed you." "O, woman, great is your faith. It shall be done for you as you wish." "Go your way. Let it be done to you as you have believed." "Your faith has made you well." Increase my faith to be convinced of things not seen and assured of the things hoped for.

Luke 22:31-32 Satan may have asked to sift me like wheat, as he did Peter, but Jesus, You intercede for me that my faith may not fail. And when I get on the other side, I will strengthen my brothers and sisters.

Luke 8:50 Since You encouraged faith over fear for healing, I will believe for my healing. I will be afraid no longer.

Mark 11:24 I will ask in prayer and believe I have received it, and it will be mine.

Mark 5:34 I will GO in peace, for You have healed me and made me whole and fully restored to health. I am Your daughter. I will keep saying, "If I only touch His garment, I will be healed of my affliction/disease/suffering/infirmity/pain." (Berean Standard Bible)

Mark 9:22-29 Help my unbelief - the kind that negates the faith I have.

Matthew 11:28 I will come to You when I am weary and burdened, and You will give me rest.

Matthew 17:20 I have at least as much faith as a mustard seed, so I can say to this mountain, "Be moved."

Matthew 6:13 Deliver me from the evil one. You came and destroyed the works of the enemy.

Matthew 6:33 I will seek You, Your kingdom, and Your righteousness first in my day, each day, and all other things will be added to me.

Philippians 4:19 You will meet all my needs, according to the riches of Your glory in Christ Jesus.

Philippians 4:4 I will rejoice in You always!

Philippians 4:6 I will not be anxious. When I feel anxious, I will pray and petition You, also thanking You for what You have done. I receive Your peace, which is not what this world can give me, but supernatural, and it will guard and protect my heart and mind in Christ Jesus.

Philippians 4:8 I will think on things that are true, honest, just, pure, lovely, and of good report.

Prov. 12:14 I shall be satisfied with good by the fruit of my mouth and the work of my hands.

Prov. 14:30 I will seek to have peace in my heart because it gives life to my body.

Prov. 17:22 I will be joyful in my heart, for it is good medicine.

Prov. 18:21 Death and life are in the power of the tongue. I will speak life.

Prov. 3:5-6; 16:9; 19:21; 20:24; Ps. 37:23-24 You will direct and establish my steps as I lean on You for understanding and delight in You. Though I stumble, I will not fall, for You uphold me with Your hand. Let Your purpose prevail.

Prov. 4:20-22 Your words are life and health. I will pay attention to them, turn my ear to them, and not let them out of my sight. I will keep them in my heart.

Psalm 103:1-5 Bless the LORD, O my soul. All that is within me, I bless Your holy name. I will not forget Your benefits. You pardon my iniquities. You heal all my diseases. You redeem my life from the pit. You crown me with lovingkindness and compassion. You satisfy my years with good things, so that my youth is renewed like the eagle.

Psalm 107:19-21 When I cry to You, You hear me and save me and rescue me.

Psalm 108:12-13 You will give me help from trouble, for the help of man is useless. Through You I will do valiantly, for it is You who treads my enemies.

Psalm 112:7-8 I will not be afraid of evil tidings. My heart is steadfast, trusting in the LORD.

Psalm 118:17 I shall not die, but live to declare Your wonderful works.

Psalm 119:5 Your words revive me and bring comfort in affliction.

Psalm 145:18-19 You are near to me as I call on You in truth. You will fulfill my desire because I fear You. You hear my cry and save me.

Psalm 147:3 You heal up my broken heart and bind up my wounds.

Psalm 16:8 I keep my eyes on You. With You at my right hand, I will not be shaken.

Psalm 21:21; 22:3 I will tell of Your name to my brothers and sisters. In the midst of the assembly, I will praise You. You are enthroned on the praises of Your people.

Psalm 23 You are my Shepherd. I shall not want because You provide all I need. You make me lie down in green pastures and lead me by still waters. You restore my soul. Even though I walk in the darkest valley, I will fear no evil, for You are with me. You comfort me, dine with me, and anoint my head with oil. My cup overflows with Your love and goodness. These will follow me all the days of my life, and I will dwell in Your house forever!

Psalm 30:2 I will call to You for help, and You will heal me.

Psalm 31:14-15 I trust You. You are my God. My times are in Your hands.

Psalm 34:4 When I fear, if I seek You, You will deliver me from all my fears.

Psalm 46:1-2 You are my refuge and strength. A very present help in trouble. Therefore, I will not fear.

Psalm 55:22 I will cast my burden on You LORD and You will sustain me. You will never allow the righteous to be shaken.

- Psalm 57:1-2 Be merciful to me, O God, be merciful to me! For my soul trusts in You, and in the shadow of Your wings I will make my refuge, until these calamities have passed by. I will cry out to You, God Most High, who performs all things for me.
- Psalm 68:19 I give praise to You LORD! Day after day You bear my burdens. You are my salvation. Selah.
- Psalm 84:11 You give grace and glory. You withhold no good thing from those who walk uprightly.
- Psalm 91 I dwell in Your shelter and abide in Your shadow, Almighty God. You are my refuge and fortress, my God in whom I trust! You deliver me from deadly pestilence. Your faithfulness is my shield and protection all around. I will not be afraid at night or from the arrows that fly by day. You will give Your angels charge over me, to guard me in all my ways and bear me up, preventing harm. I will tread on the lion and cobra, the young lion and serpent I will crush under my feet. Because I love You and know our name, You will deliver me. I will call upon You, and You will answer. You will be with me in trouble. With long life, You will satisfy me. You will rescue me, honor me, and let me behold Your salvation! I will stand firm and see the salvation of the LORD!
- Psalm 94:19 When anxiety rises in me, Your consolations brings me joy and delights my soul.
- Rom. 4:20-22; James 2:14-26 Just like Abraham, if I believe Your promises and do not waver in unbelief, but grow strong in faith, giving glory to You - fully assured You will perform Your promises, it will be counted to me as righteousness. I will put my feet to faith with words and actions as he did. I will demonstrate my faith by my actions.
- Romans 12:1 I present my body as a living and holy sacrifice, acceptable to You, as my spiritual service of worship.
- Romans 12:2; Ephesians 4:23; 1 Cor. 2:16 You are teaching me how to change my thinking and my lifestyle. Transform and renew my mind to be instructed by You.
- Romans 13:14 I will put on the Lord Jesus Christ and make no provision for the flesh to gratify its desires.
- Romans 15:4-6 I have hope because of perseverance and encouragement of the scriptures.
- Romans 5:3-5 These sufferings and problems and trials bring about my perseverance, character, and hope. Hope will not disappoint because Your love has been poured out within my heart through the Holy Spirit.
- Romans 8:18 I know the glory that will be revealed for us far outweighs the sufferings of this present time.
- Romans 8:24-25 Hope that is seen is not hope. But if I hope for what I do not see, with perseverance I will wait eagerly for it.
- Romans 8:26-27 Thank You that Your Holy Spirit intercedes for me with groanings too deep for words, according to Your will.
- Romans 8:32 God, You did not spare Your own Son, but delivered Him up for us. How will You not also freely with Him give us all things?

Romans 8:37 But in all these things we overwhelmingly conquer through Him who loved us.

Romans 8:38 Nothing will separate me from the love of Christ.

Romans 8:6 I will refuse to set my mind on the flesh. I will set my mind on the Spirit, for that brings life and peace.

Matt. 8:16;
12:15;14:14; 19:2;
21:14; Mark 6:56;
Luke 5:17;6:19;
9:1; 9:11; John
14:2

Your will is to heal. You are the same yesterday, today, and forever. Through Jesus, You healed "all who were sick." You "healed them all," "as many as touched You were healed and made well" "everyone of them."

*For the word of God is alive and active.
Hebrews 4:12*