

# Let's Pray

## Theme: Healing

### Verses:

"Heal me, O Lord, and I will be healed; save me and I will be saved, for you are my praise."  
-Jeremiah 17:14

"He [Jesus] tenderly clasped the child's hand in his and said to her in Aramaic, "Talitha koum," which means, "Little girl, wake up from the sleep of death." -Mark 5:41

"Then Jesus said to her, "Daughter, because you dared to believe, your faith has healed you. Go with peace in your heart, and be free from your suffering!" -Mark 5:34

### Prayer:

Heavenly Lover of my soul and Great Healer,

I know that you are all-powerful and I praise you because you accept me and love me just the way I am. But you also promise to use your great powers of redemption and healing to mend what is amiss in me. And there is so much that needs mending Father. I am broken in so many places and sick on so many levels. I am wounded, and I am fearful. I have tried protecting my heart but it has been broken so many times. I have given it over to foolish and untrustworthy things - loving them over you. I have tried to shut my heart down and numb it to the pain of life. I have done more damage in the process. I have allowed a deadly disease of the soul to take hold and poison my heart against you and against others - even against myself.

I now hand it all over to you. Take my hand Lord. I surrender all that I am - my body, soul and yes, my heart. My very vulnerable and wounded heart. I place it in your tender and strong clasp. Thank you that you love me enough to take on my mess. Thank you that you will never abandon me to the pain or the fear. You are constantly fighting for me, and you surround me with your loving protection. Show me how to let my guard down and invite you into every part of me, to not be afraid of allowing you to work your full healing in all of me - even the parts I am still unaware even need it. I know that you are good through and through and I trust you as completely as my shallow human heart can trust.

Yahweh I humbly ask for your healing power to surround and permeate my heart and mind.

Bandage me in your love. Rescue me from my fear. Bring your healing touch and wholeness to my whole being. Breathe life into all of me and awaken me from the sleep of death. I believe that you hear me and you promise that if I knock you will open, and if I ask then I will receive. You long to be gracious to us, and you delight in covering us with your love. I trust you. I believe you. I welcome your powerful healing, and life-giving touch. I thank you in advance for my complete healing.

In Jesus powerful name - Amen.

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## **Claim it! Truths about who we are:**

I have a healer  
God longs to heal me  
God is able to heal me  
God is loving and gracious to me, his Daughter  
I can trust my healer completely  
I am not broken  
I am made whole in Christ

## **Breathing Meditation:**

God is even closer than the air we breathe, and he is the giver of each one that we take. Use your breath and this moment to be still and know God deeper.

We encourage you to sit and take deep belly breaths, in and out through the nose. You can also do walking meditation. Quiet your mind and focus on one sentence at a time. Use one sentence per breath, usually to the count of 4 if possible. You can speak the sentence out loud or say it in your head. Smile as you breathe out. The purpose of meditating on God's word is to allow the truths to go deeper into our mind and heart and to quiet our mind enough to truly grasp them, and then to hear more from God. You can do breathing prayer at any time of day - use it to return to the source of your strength and power whenever you need to. God is always there, closer than the air you breathe, ready to bless you with his love.

Yahweh (breathe in) / Healer (breathe out) / Loving Father / Almighty King / Help me / Heal me / Thank you for your tender touch / Thank you for removing my pain / Thank you for your healing power / Thank you for making me whole / Thank you for your healing love / Thank you for removing the fear / I trust you / I love you / You save me / You rescue me / You heal me / You protect me / You are in me / I am made whole

*"Behold, I have engraved your name upon the palms of my hands."*