

SEVEN

Days Of PRAYER

& FASTING

DAY 06 OF 07
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Day Six

Friday, November 6th

Prayer Focus: Healing—Spirit, Soul, and Body

We are three-part beings—spirit, soul, and body. When we make Jesus Lord of our lives, our spirit receives healing from spiritual death. But there are still two areas of our makeup that need Christ's healing touch—our souls (mind, emotions, and will) and our physical bodies.

The health of our souls is directly tied to our physical health. For any area where our soul is sick, the Word of God is the answer to nourishing our minds into a balanced and healthy state. Thoughts of fear can be replaced with thoughts of faith. Thoughts of lack can be replaced with thoughts of provision. Thoughts of failure and depression can be replaced with thoughts of success and joy. When fear and negative thoughts rise in your mind, recognize that they aren't from God, and, by faith, choose to replace them with the positive, precious promises of God's Word.

Many times, it's not what happens to us that matters, but how we respond. Jesus doesn't want us to go through life carrying old wounds; He wants to heal us. The Spirit of God is always with you and will never leave you. You can draw from His strength through every painful circumstance and find your healing.

Whether you need healing for emotional hurts, shame, condemnation, anxiety, depression, or a relationship, God asks us to take on a Biblical perspective. Instead of meditating on our problems, we need to meditate on how faithful and loving our God really is. When we keep our mind on our problems, we create anxiety and stress. When we keep our minds on the promises of God, we create a lifestyle of peace.

Ephesians 4:23-24 (ESV)

23 and to be renewed in the spirit of your minds, 24 and to put on the new self, created after the likeness of God in true righteousness and holiness.

Hebrews 4:15-16 (ESV)

15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. 16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Jeremiah 30:17a (ESV)

17 For I will restore health to you, and your wounds I will heal, declares the Lord...

"Lord, I come before You today in need of Your healing hand. In You, we know that all things are possible. Hold my heart, and renew my mind, body, and soul. I may feel lost, frustrated, and weary, but I come to You with it all. You give us life, and You also give us the gifts of joy and peace. Give me the strength to move forward on the path You've laid out for me. Guide me towards better health and give me the wisdom to identify those You've placed around me to help me get better. In Jesus' name, amen."