

## Healing Scriptures

You will learn to stress less as you restore, heal, and deepen your relationship with God. The following truths from God's Word give you assurances about his healing power in your life. In the first section, I have paraphrased biblical promises regarding healing, followed by the book and verses in the Bible that contain them. The second section includes additional quoted scriptures I encourage you to look up and meditate on each of these truths and read the corresponding verses. The final section is a list of biblically based affirmations to help you speak the truth about God's healing in your life. Allow yourself to receive comfort, peace, joy, and encouragement from these truths.

### Promises from God's Word

Whatever you ask in prayer believe you will receive it and it shall be yours. [Matthew 21:22; Mark 11:24]

As I hope in the Lord, he will renew my strength, and I will run and not grow weary and I will walk and not faint. [Isaiah 40:31]

The Lord brings health and cure. He has cured you and revealed to you an abundance of peace and truth. [Jeremiah 33:6]

Your faith has healed you, go forth now and be free of your suffering. [Mark 5:34; Matthew 9:22; Luke 8:47]

I trust that you prosper and be in good health, as your soul prospers. [3 John 1:2]

When I touch his robe, I am healed. [Matthew 9:21; Mark 5:28]

By faith in his name I am made strong and given perfect health. [Acts 3:16]

Beloved your faith has made you well, go in peace and be healed of all your disease. [Mark 5:34]

Your words are life and health to all my flesh. [Proverbs 4:20–22]

By his stripes I am healed. [Isaiah 53:5; 1 Peter 2:24]

He sent his word and it healed them. [Psalm 107:20]

Bless the Lord, who heals all diseases. [Psalm 103:2–3]

Ask and it is given. Our Father in heaven gives good things to those who ask. [Matthew 7:7, 11]

The grace of the Lord is exceedingly abundant, with faith, love, and wellbeing. [1 Timothy 1:14]

God supplies all of my needs. [Philippians 4:19]

**Commented [JW1]:** Couldn't figure out this one because these two were on one line. I think it's two different ones. And in fact, I'd delete the first one because it's been listed above.

The Lord restores health to me and heals all of my wounds. [Psalm 147:3]

The Lord is the great physician, who heals and blesses us with abundant health,

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Goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord forever. [Psalm 23:6]

Therefore, as I am in Christ, I am a new creation, the old, the pain, are gone, behold all things are new. [2 Corinthians 5:17]

### **Scriptures on Healing**

Exodus 15:26

“I am the LORD, who heals you.”

Psalm 30:2

LORD my God, I called to you for help, and you healed me.

Psalm 103:2–3

Praise the LORD, my soul, and forget not his benefits—who . . . heals all my diseases.

Psalm 107:20

He sent out his word and healed them.

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Proverbs 4:20–22

Keep them [God’s words] within your heart; for they are life to those who find them and health to one’s whole body.

Isaiah 53:5

By his wounds we are healed.

Isaiah 58:8

Then your light will break forth like the dawn, and your healing will quickly appear.

Jeremiah 17:14

Heal me, LORD, and I will be healed; save me and I will be saved.

Jeremiah 30:17

“I will restore you to health and heal your wounds,” declares the LORD.

Jeremiah 33:6

“I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.”

### **Healing Affirmations based on Scripture**

The Lord is my healer. One touch and I am healed. My latter days will be so much better than my former days. [Job 8:7]

God’s timing is perfect. [Ecclesiastes 3:1]

I believe I am blessed and highly favored. [Luke 1:28]

The Lord binds up my wounds and heals my afflictions. [Psalm 147:3]

Daughter, your faith has healed you. Go forth and be free from your suffering. [Mark 5:34]

God is my great physician. [Mark 2:17]

I rejoice in God’s goodness. [Deuteronomy 26:11]

God gives me beauty for ashes, the oil of joy instead of mourning, and a garment of praise instead of despair. [Isaiah 61:3]

By the power of your name, Lord, I am made strong and in perfect health. [Acts 3:16]

I trust and believe complete well-being is unfolding. [Psalm 119:122]

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The joy of the Lord is my strength. [Nehemiah 8:10]

I am more than a conqueror in Christ Jesus. [Romans 8:37]

I can do all things through Christ who gives me strength. [Philippians 4:13]

I am blessed to be a blessing. [Genesis 12:2–3]

He who began the good work in me will bring it to completion. God is breathing in my direction.