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# HEALING CONFESSION & PRAYER

FOR TIMES OF ILLNESS, WEAKNESS, OR  
SPIRITUAL WEARINESS

## Healing Confession & Prayer Sheet

*For times of illness, weakness, or spiritual weariness*

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### Introduction

In times when sickness and disease try to creep in - and especially when our faith feels weak - it can be hard to hold onto hope. But this is exactly when God's Word becomes our anchor. If you're navigating a season of physical illness, mental battles, or discouragement, this confession sheet and the scriptures below are here to strengthen your spirit, renew your faith, and remind you that healing is still God's will for you.

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### Prayer of Faith

#### Heavenly Father,

We come boldly before Your throne of grace today, not in fear, but in faith—knowing that You are Jehovah Rapha, the Lord who heals. You see every tear, every moment of pain, and every silent prayer whispered in the night. And yet, in the middle of this storm, we choose to declare Your Word, which stands forever.

Lord, we speak healing over every part of our bodies and minds. Your Word says:

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

— *Jeremiah 30:17 (NIV)*

Let that promise take root in our hearts. We ask You to reverse every effect of disease, to restore what has been lost, and to bring divine renewal at the cellular level. Touch every organ, every system, and every function in our bodies with Your healing power.

For those battling anxiety, depression, or emotional pain—we speak peace. Lord, You promised:

**“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”**

— *Isaiah 26:3 (NIV)*

Let that peace fill our hearts and silence the voice of fear. Let joy begin to return. Let hope rise again.

Father, even when we don't see immediate change, we hold on to the vision and the Word You've spoken. Your timing is perfect. As Habakkuk 2:3 reminds us:

**“Though the vision tarries, wait for it; it will surely come, it will not delay.”**

We trust You—even in the waiting. We will not let go of Your promises. We believe that You are working behind the scenes, even when we don't feel it.

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## Confession of Healing & Hope


Speak these aloud daily. Let them shift your atmosphere:

- **I believe God is my healer. He is restoring my health right now.**
- **I reject fear and receive peace. My mind is being renewed in His presence.**
- **The same Spirit that raised Jesus from the dead lives in me and gives life to my body.** (Romans 8:11)
- **My strength is being renewed like the eagle's. I will not faint—I will rise.**
- **This is not the end of my story. God is still writing miracles in my life.**
- **I am confident—I will see the goodness of the Lord in the land of the living.** (Psalm 27:13)


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## Scriptures to Stand On

 **Psalm 103:2 3** *“Praise the Lord, my soul... who forgives all your sins and heals all your diseases.”*

 **Romans 15:13** *“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”*

 **Isaiah 40:29** *“He gives strength to the weary and increases the power of the weak.”*

 **Mark 11:24** *“Whatever you ask for in prayer, believe that you have received it, and it will be yours.”*

 **Psalm 27:13 14** *“I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.”*

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## Closing Encouragement

Remember, healing is not always instant, but it is always God's heart. Keep declaring, keep trusting, and keep drawing near to the One who heals. Even in weakness, you are not alone. You are seen, loved, and held by a faithful God.

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**With love and faith,**  
*Andre B*



# HEALING *Confessions*

**Speak these confessions daily to strengthen your faith and align your heart with God's promises. Each declaration is grounded in Scripture to remind you of God's healing power and love.**

**“God is my healer. I receive His healing in my body right now.”**

“But I will restore you to health and heal your wounds,” declares the Lord. – Jeremiah 30:17

**“I will not forget the Lord’s benefits—He heals all my diseases.”**

“Praise the Lord, my soul... who forgives all your sins and heals all your diseases.” – Psalm 103:2-3

**“I trust in God, and He gives me peace and strength.”**

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.” – Isaiah 26:3

**“God is restoring my health and healing every wound.”**

“But I will restore you to health and heal your wounds, declares the Lord...” – Jeremiah 30:17

**“God gives me strength when I am weak.”**

“He gives strength to the weary and increases the power of the weak.” – Isaiah 40:29

**“The Spirit of God gives life to my body.”**

“...the Spirit of him who raised Jesus from the dead is living in you... he who raised Christ from the dead will also give life to your mortal bodies...” – Romans 8:11

**“I believe when I pray, I receive healing.”**

“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” – Mark 11:24

**“God is faithful to complete what He started in me.”**

“...he who began a good work in you will carry it on to completion...” – Philippians 1:6

**“I will see God’s goodness in my life.”**

“I remain confident of this: I will see the goodness of the Lord in the land of the living.” – Psalm 27:13

**“Jesus came to give me abundant life, not sickness.”**

“I have come that they may have life, and have it to the full.” – John 10:10

**“God’s Word brings healing to my whole body.”**

“...for they are life to those who find them and health to one’s whole body.” – Proverbs 4:22

**“I do not fear; God is with me and will strengthen me.”**

“So do not fear, for I am with you... I will strengthen you and help you...” – Isaiah 41:10

**“He carried my sickness, bore my pain, and purchased my healing through His sacrifice on the cross.”**

“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.” – Isaiah 53:5

**I declare this in the name of Jesus, who paid for all my sins and iniquities. Amen.**