

Objective – The goal of this prayer time on the following healing targets is to stress the importance, readiness, and urgency of what Jesus Christ is doing and desires to do in and through this local body and our lives by the Holy Spirit. This target should be constantly in our thoughts and we must meditate on what God says about them both day and night because there are far too many lives at stake. We must become proactive by:

- I. Crying out to God for repentance of our sins and restoration in Him
- II. Accepting my responsibility for my individual growth and fellowship with God and His people. The Lord has a plan and a purpose for me, that I (and only I), can find out in detail and fulfill
- III. Purposely taking my place in this ministry, and addressing my life's concerns and this ministry's mission with all supplication. Understanding that nothing will block the move of God and His plans for me, my family, and this local body of Selah Ministries once I take my place in agreement with His will

Physical Healing

James 5:13-16 Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Psalms 103:3 Who forgiveth all thine iniquities; who healeth all thy diseases;

- Father, thank you for constantly reminding me that I have never been alone in this journey of mine. Despite how I am utterly intimidated by the sickness I am facing, Lord, I pray that I will be reminded of your grace. Please take this sickness away from me and heal me with your hands. You are my strength and I will not falter as long as I have your name in my heart. Do not let the enemy trick me into thinking that I am alone in this battle I am facing. With you, I am more than blessed and mended. In Jesus' Name, I pray. Amen.
- God, although it pains me to even think of it, I am ill. I believe that this body of mine is a wonderful blessing crafted lovingly by your hands. However, the sickness that has contaminated me has left me in my current condition. Still, Lord, I do not fear. I know that I serve the same Creator and that my sickness is nowhere near as strong and abundant as your Mercy. Amen
- Almighty God, thank you so much for allowing me to conquer my fear of being under surgery. You never let go of my hand and you've always kept me warm under the process. Now, I pray that I will be given a chance to live in a vessel that is free of sickness. I believe that this is not impossible for you are the Creator that breathes life and restoration to those who are weak and ill. Thank you for every blessing you have sent in my way. In Jesus' Name, I pray. Amen.

Mental Healing

Jeremiah 33:6 Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security

1 Corinthians 10:13 And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Psalms 56:11 In God I trust and am not afraid. What can man do to me?

- Oh God, thank You for never giving up on me, even when I had seemingly given up on myself. You give me so much hope to continue walking on this path that You carved out for me. When all seemed hopeless, You were there to light my way. You are my light in the darkness, and I pray that Your light continues to give me the mental fortitude to overcome the evils that hinder my road to recovery. Amen.
- Oh Lord Almighty, the battles in my mind continue to consume me. I pray that You would give me strength to face these mental struggles. Times may seem bleak now, but I know this suffering is only temporary. There is always a glimmer of hope in your loving embrace, and with You as my source of strength. I know with You I can do all things because Christ You strengthen me. Grant me the resilience to keep on going, because I know you still have so much in store for me. I lift everything up to you Jesus, Amen.

Emotional Healing

Psalms 34:4 I sought the LORD and he heard me, and delivered me from all my fears.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

- Father, in Jesus name, I thank you for always being there for me. I need your peace right now because my feelings and emotions are getting the best of me. I'm learning how to lean on You in the midst of my situations. I may trip and fall, but my desire is that I don't fall at all. So, I lean on You to calm me and stabilize all of my feelings. Please Lord, step in and lead me for my good, and change my outlook as You see it. Your Spirit is what I long for, not the chaos that the world offers. Help me Lord! Amen.
- Lord, I come before You with a heart heavy with emotional wounds and pain. I humbly ask for Your divine touch of healing and restoration. You are the great Physician, and I trust in Your infinite love and compassion to mend my brokenness. Pour out Your grace upon me, cleanse me from all unrighteousness, and grant me the strength to forgive just as You have forgiven me. Surround me with a loving community that will support me in this journey of emotional healing. Amen.

Social Healing

Psalms 89:14 Justice and judgment are the habitation of thy throne: mercy and truth shall go before thy face.

John 7:24 Judge not according to the appearance, but judge righteous judgement

Isaiah 10:2-3 Woe unto them that decree unrighteous decrees, and that write grievousness which they have prescribed; To turn aside the needy from judgment, and to take away the right from the poor of my people, that widows may be their prey, and that they may rob the fatherless!

- God I pray that You hear my cry for social justice in healthcare. May the healing of medicine and nursing care be accessible to all, regardless of their background or financial status. Inspire those in positions

of influence to work towards affordable and equitable healthcare systems. Grant strength to healthcare workers, and may they provide compassionate care to those in need. I cry out for the places that provide care of our elderly, that sincere hearts of compassion will prevail. Arrest and expose the greedy, those who are in the business of health care but line their pockets at the expense of those in the late stages of life that have little. You see the injustice, intervene on their behalf oh God I pray. Amen.

- Heavenly Father, we pray for social justice in our criminal justice system. Guide us to create a system that is fair, unbiased, and compassionate. May we find ways to rehabilitate those who have lost their way and to provide support to victims. Give wisdom to those who enforce the law and make decisions that affect lives. May justice be blind to prejudice and privilege, and may it serve the greater good. We trust in your divine justice and dedicate ourselves to being instruments of positive change. Amen.

Relationships Healing

Proverbs 3:3-4 Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart. So shalt thou find favour and good understanding in the sight of God and man.

Genesis 2:18 The LORD God said, "It is not good for the man to be alone. I will make a help meet for him."

Matthew 6:14-15 "For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses."

- Father, the scars of my past wounds continue to haunt my present. I turn to You, the ultimate healer, to help me mend the wounds that linger in my heart. I ask for courage to confront the pain, the wisdom to let go of resentment, and the grace to heal from within. I place my trust in your loving guidance, knowing that your divine touch can bring peace and restoration: peace to my spirit and restoration of broken relationships with my family and friends. Amen.
- We thank you Father for giving us the gift of life and Grace to be better and stronger in your presence. We ask for divine intervention of the Holy Spirit and the mercies of God; to keep us, protect us, guide us make us stronger. We pray that, no matter how the devil attacks us, we receive grace to be stronger. We ask for wisdom and direction as we receive the light of the Lord as a married couple and as individuals. I pray for (my husband as a man)/(my wife as a woman) that is rooted in Your Word. We come against the strategy of the enemy to cause asunder because your word says whatsoever God has joined together, let no man put asunder. Satan, we put you outside and far away from the relationship. Amen.
- Lord show me how to forgive as you forgive me. I want to help love them where they are and take them to that peace that passes all understanding. I want everyone to experience Your grace in the body of Christ. As I go to them, I pray our hearts meet and all bitterness and past hurts are removed. Pour out your healing balm on the emotional and spiritual wounds of those who have been hurt within the church. May they experience the restoration that comes from your divine touch so that fellowship can be renewed. Amen.

Meditation Notes

