

HEALING JOURNEY



21 Day Healing Journey E-Book

REDEMPTION CHURCH 2021

Introduction

Welcome to the Healing Journey

Dear friend,

whatever challenges you are facing in your body today, we want to encourage you to meditate on the love and finished work of our Lord Jesus. The more you focus on what Jesus has done for you at the cross, the more you experience His divine health in your body and wholeness in every part of your life.

It is so important for you to know that God wants you healed and well. He wants you to know that sickness is not from Him.

The Bible says clearly that God is a God of love and that He is a good God (1 John 4:16). You are so loved and precious to your heavenly Father. He gave His only Son for you. Your health and healing is His divine gift that cost God everything!

Jesus was sent to take your place at the cross and suffer great torment, great pain and took ALL disease upon His body so that you could receive His health and healing today.

“But He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.”

— Isaiah 53:5 (NLT)

For the next 21 days, together we will walk with you on this ‘Healing journey’.

You can follow along with the ‘Healing Journey’ audio and E-book. Accompanied by instrumental music, the reading of these healing scriptures, meditations and healing prayers will wash over you and immerse you in God’s healing anointing. Perfect for your daily meditation or listening at any time of the day, wherever you are, and if you want more we have made more resources available to help you in this journey.

In Proverbs 4:22 it says that God’s Word is “life to those who find them, and health to all their flesh”.

So as you follow along to this powerful, life-giving word being read over you daily, listen, meditate and immerse yourself in God’s healing promises and expect to receive an abundance of His divine healing and resurrection life!

Remember that God wants you HEALED and WHOLE! He loves you so much!

Let the living Word of God release healing to every part of your body!

Shalom!

JOSHUA & TARA MCCAULEY - REDEMPTION CHURCH



DAY 1 - ISAIAH 53



Welcome to Day 1

Today, no matter where you are and what is going on in your life, no matter what diagnosis you face, the stresses that are on you, the cares that you carry, know that the Bible teaches us God cares for you. In fact, He loves you and He wants you to sense His presence, His love and for you to know that He has you secure in His hands.

Right now, you might be in a lot of pain and weakness or discomfort. Maybe you're overwhelmed by hopelessness, paralyzing fear, feeling very sick or tired, but I want you to know that these symptoms do not have the final. Your health and healing is a divine gift that cost God, His precious Son, Jesus. Jesus was sent to take your place at the cross and suffer great torment, great pain, great disease so that you could receive healing.

Today, we're going to take a moment to put our eyes, our faith, and our focus in the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you.

Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus on the goodness and the love of God. Take a moment to place your faith in the healing power of Jesus.

Make sure you're comfortable, relaxed, breathing slowly in and out. Taking a moment to pause and focus on Him.

SCRIPTURE MEDITATION

Our scripture for today is Isaiah 53:5, that tells us that Jesus was wounded for our transgressions bruised for our iniquities. The punishment for our peace was upon Him and by His stripes, we are healed Today, Jesus' suffering was for your healing. So declare this with me, making healing personal. Jesus came to heal you.

He suffered for you. So no matter what you're facing, no matter what disease or sickness, no matter what issues plagued you, Jesus suffered so that by His stripes, you could be healed.

Repeat after me right now, personalizing your healing.

Today, I declare I am healed by Jesus' suffering, from this disease.

Know that Jesus took so much suffering and so much pain. In fact, the Bible tells us 39 lashes were placed on His back; Taking care of all different types of sicknesses, viruses and disease. Make sure today your faith is placed in Jesus. As we pray over, know that not only is He able to heal, but He so loves you that He wants to heal you

PRAYER

So, today let us pray, Father, I thank you in the name of Jesus for the finished work of the cross. Thank you for healing, your beloved child, listening to this message today.

Thank you that by your stripes, we are healed and whole in Jesus' Name.

COMMUNION

Before you go, I want you to know receiving communion is a powerful moment and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.
-Numbers 6:24-26

WHAT NEXT?

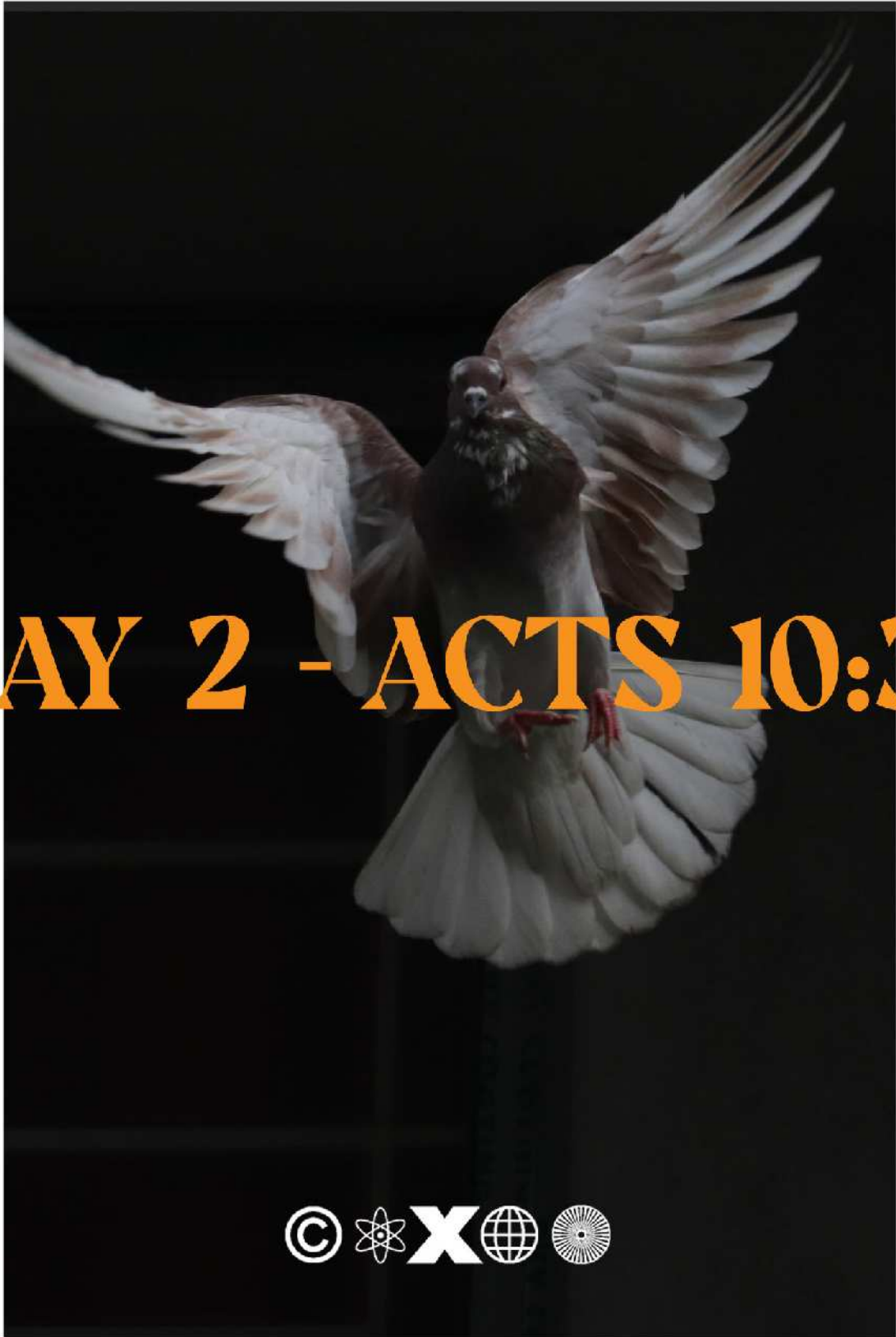
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Be healed in Jesus' Name.

“Jesus was
wounded
for our
transgressions
bruised for
our iniquities”

SCRIPTURE MEDITATION - ISAIAH 53



DAY 2 - ACTS 10:38



Welcome to Day 2

We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus. Today, I want you to focus on the fact that no matter what you face, Jesus cares, and not only does He care, but He came to save and to heal.

SCRIPTURE MEDITATION

The Bible tells us in Acts 10 chapter 38, that God anointed Jesus of Nazareth with the Holy spirit and with power. And with that power, Jesus went about doing good and healing all. See the thing is, God's power was given to Christ, not just so that we could see the power of God, but that we could experience the power of God.

The Bible tells us when Jesus saw people in need, He was moved with compassion. Today in your circumstance, Christ sees you. He sees what you're facing. He sees what you're fearing. He sees how you're feeling, and He's moved with compassion and that compassion moves Him to move towards you with the purpose of healing and wholeness. See Jesus' anointing was not just about preaching and teaching, but His anointing was about changing people's circumstances. Today, if you're ill, sick, facing a disease, feeling oppressed or depressed, Christ wants to do a healing work in you. All we have to do is receive. Having faith in Jesus is not about knowing a lot of scripture or being a good Christian, but simply coming to Him and seeing Him as the answer to your problem.

PRAYER

Let's pray this, pray together today and receive healing in your body, in your mind and in your life. Father, we thank You for Your precious child. Today, as they suffer You desire to heal, we bring our needs, we bring our cares, we bring our stresses to You, and we declare that as we place our faith in You, Jesus, we can receive healing today in Jesus' Name.

COMMUNION

Communion is a powerful moment, and we encourage you to take bread or a cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

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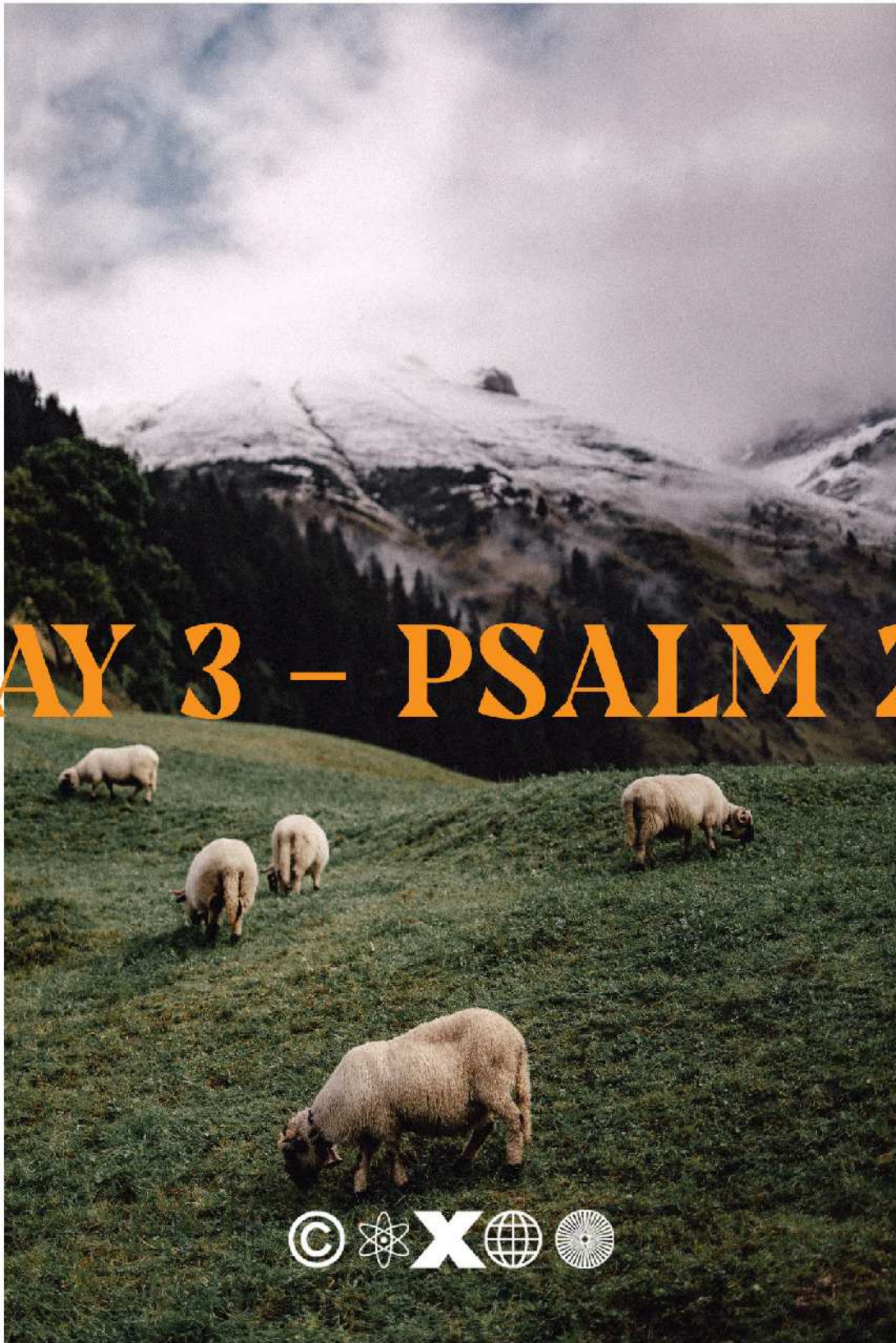
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Be healed in Jesus' Name.

“God anointed
Jesus of
Nazareth
with the Holy
spirit and with
power”

SCRIPTURE MEDITATION - ACTS 10:38



DAY 3 – PSALM 23



Welcome to Day 3

Welcome to day three of our 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus today.

SCRIPTURE MEDITATION

Today we are going to look at a famous Psalm, Psalm 23. Can we read it together? The Lord is my shepherd. I shall not want. He makes me to lie down in green pastures and He leads me besides the still waters. He restores my soul. He leads me in paths of righteousness for His name's sake. Yea, though, I walk through the valley of the shadow of death, I will fear no evil for You are with me, Your rod and Your staff they comfort me.

What makes this Psalm so comforting is that it speaks almost to the times we live in. Right now, it almost feels as though evil is all around. And although we might have homes and we might have caused, and we might even have medicine, it seems to feel like the Valley of the shadow of death hangs around our world literally. Right now, you might even be facing a diagnosis, a declaration of death to come, you might be fearing to catch a virus that would lead to death. But the Bible tells us that our Lord, our Good Shepherd, He leads us in a way that not only are we provided for not only are we at peace, but we are divinely protected. Even though we walk through a Valley of the shadow of death, it will not come near us. We need not fear evil.

Why? Because our Shepherd is with us. Today, I want to encourage you that this Psalm written its author was so tormented, so attacked lived the life being chased down by enemies and consistently came up against what appear to be the threat of death yet saw his God, his Good Shepherd delivered him time and time again. If this Shepherd can be his shepherd and if death does not destroy him, then as we have Jesus, as our shepherd death does not destroy us. I want to encourage you to make this Psalm your Psalm. Why? Because you share the same shepherd that he shared. The precious Lord is our Good Shepherd.

PRAYER

Can we pray a prayer today, regardless of what you feel, what you fear, what you, Jesus is your Good Shepherd and the Valley of the shadow of death, you will pass through it, untouched, unscathed .

Father, thank you for those hearing this message right now that might even feel like they're at death's door. God, I pray that You reveal yourself as the Good Shepherd to them, that Jesus is with them and they need not fear. Father, we thank You that Your healing power, Your protection is with them and that every attack of the enemy will come to nothing. We declare healing and wholeness and divine protection in their lives, in their homes.

COMMUNION

Communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

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Be healed in Jesus' Name.

“The Lord
is my
Shepherd.
I shall not
want”

SCRIPTURE MEDITATION - PSALM 23



DAY 4 - JEREMIAH 30:17



Welcome to Day 4

Welcome to day four of our 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus. Today. I want you to focus on the health and the healing that the Bible tells us comes from the Lord.

SCRIPTURE MEDITATION

We're going to read Jeremiah chapter 30 verses 17, and the Bible says, "I will give you back your health and I will heal your wounds, says the Lord", the message translation says it like this; "As for you, I will come with healing curing the incurable." Isn't that a precious scripture today for what we face right now. So many diseases on the earth are deemed incurable by medicine, but that's not too big for our God, because when He speaks of the healing He brings, He specifically comes to deal with the incurable. God's healing is not based on you, not based on whether you are good enough, not based on whether you know enough of scripture or how you've lived. Your life of faith. God's healing comes by His grace. He loves you so much that He paid the price for your healing with His wounds at the cross. The Bible tells us by His stripes, we are healed. If you notice how Jesus heals people in the Bible, He doesn't ask them about their religious background, He doesn't question them about how good they've been as a person. He simply comes to them in need and asks "would you like me to heal you?"

Today, God wants to heal you. Invite Him in, let Him in. And even if you face the incurable, let's stand together in faith that our Lord has come to be your healer.

PRAYER

Let's pray together. Jesus, I thank you that today we look to you to cure the incurable. No disease is too big for the work of the cross as Your body was given for us. As You went through stripe after stripe stroke, after stroke, as You went through the most unbearable suffering at the cross, You did it without healing. In mind, we declare over your precious children, listening to this today, they can receive healing by simply believing Jesus is their healer in Jesus' Name. Amen.

COMMUNION

Communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

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**“I will give
you back your
health and I
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SCRIPTURE MEDITATION - JEREMIAH 30:17

DAY 5 – MARK 11:23–24



Welcome to Day 5

Welcome to day five of the 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're reading from Mark chapter 11, verses 23 through 24. "For assuredly, I say to you, whoever says to this mountain, be removed and be cast into the sea. And doesn't doubt in his heart, but believes that those things he says will be done. He will have what he says. Therefore, I say to you, whatever things you ask, when you pray, believe that you receive them and you will have them."

Today, you might face a mountain, a mountain that is in the form of a disease, a mountain that is in the form of a difficulty financially, emotionally, whatever that mountain is, God wants you to know, He wants it to be moved from your life. And the Bible tells us that as we say, 'be moved' in other words, as we speak it to leave our lives and we believe that what we say will happen, it happens. This is not about you. This is about your Savior. He wants you to live without obstruction and obstacles coming against your life. He wants you to live with a path in front of you that is obstacle free, but as the devil comes and places, mountains in your lives, He wants you to call out and speak to it. So much of seeing God move is in repeating the word of God and speaking with faith to it.

PRAYER

Today, I want you to speak to your mountain, whether it's sickness, fear, financial lack, repeat after me and say whatever your mountain is. For example, sickness say, sickness, be moved from my life. be cast into the sea. As I pray and declare Jesus is my Lord, I speak to you that because of who Christ is and what he has done for me, you will be moved in Jesus' name. Amen.

COMMUNION

Communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

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“Say to this
mountain, be
removed and
be cast into
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SCRIPTURE MEDITATION - MARK 11:23-24



DAY 6 - LUKE 22:19



Welcome to Day 6

Welcome to day six of our 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus. Every day, we encourage you to receive communion.

SCRIPTURE MEDITATION

And today we're going to speak about the power of communion. Jesus, in Luke chapter 22, verses 19, He took bread, He blessed it and then He broke it, giving it to His disciples, saying, 'this is my body, which was given for you do this in remembrance of me'. And likewise, He took the cup after supper saying 'this cup is the new covenant in my blood, which is shed for you'.

What's so amazing about communion is communion is not about you. It is about Jesus. When He took the bread, He broke it saying "my body is broken for you, my blood is shed to bring in a new covenant for you today."

If you face a body that is declared broken, that is feeling weak, that feels overwhelmed, that faces sickness. Jesus says His body was broken so that yours can be made whole. His blood was shed so that you can live in a new covenant by which you are judged on the work of Jesus. You are declared blessed, righteous, and whole because of Jesus' blood that was shed for you. Every sin, past, present and future has been paid for by His sacrifice. Today, I encourage you to take communion and place your eyes on the cross of Jesus Christ and see your disease, breaking Him. And as it breaks Him, it strengthens you, heals you, you are healed. You are restored because of the work of Jesus.

PRAYER

Father, I thank you. We receive that revelation of Your grace and Your love. Today, we receive the supply of heaven. We receive the sacrifice of our Savior and we declare it done in Jesus' Name. Amen.

COMMUNION

Communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

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“this is my
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DAY 7 – PSALM 91

PART ONE



Welcome to Day 7

Welcome to day seven of our 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

We're going to be reading from Psalms chapter 91. One of my favorite Psalms over the next few days. Today, we're going to cover verses one, three, four. The reason why I love this chapter in the Bible is it foretells us of the work and the place Christ would earn and position us in. It says "He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress, my God, in Him. I will trust. He will deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers and under His wings, you shall take refuge."

What I love about this scripture is it, first of all, tells us there's a secret place God wants us to position ourselves in. That's actually the finished work. We position ourselves in Christ. Why? Because in Christ, we are placed in the place of the Most High, under the shadow of the Almighty. Protected, saying, God is our refuge and our fortress, In Him, I'm going to trust because He will deliver me from the snare of the fowler.

That speaks to even if you're in a mess today, because you did the wrong thing, you fell into temptation, maybe you just found yourself being trapped.

It's interesting that the enemy sets traps for you. Yeah. And you might even follow them and find yourself entrapped, find yourself in a mess, find yourself living in regret because you've done the wrong things. Jesus came to deliver you from that snare. He came to save you. And not only that, He deals with perilous pestilence. In the Hebrew that literally means the killing of plagues and viruses. God today delivers you from disease sickness and even literally viruses, but also from your mistakes, from your regrets, He wants you to live in that secret place, knowing He has a future for you.

PRAYER

Today, Father, I thank you, that we have a revelation that You are our refuge, Christ is our fortress and in Jesus we trust because He delivers us. He restores us. He works for us and He protects us in Jesus' name. Amen.

COMMUNION

Communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has

done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

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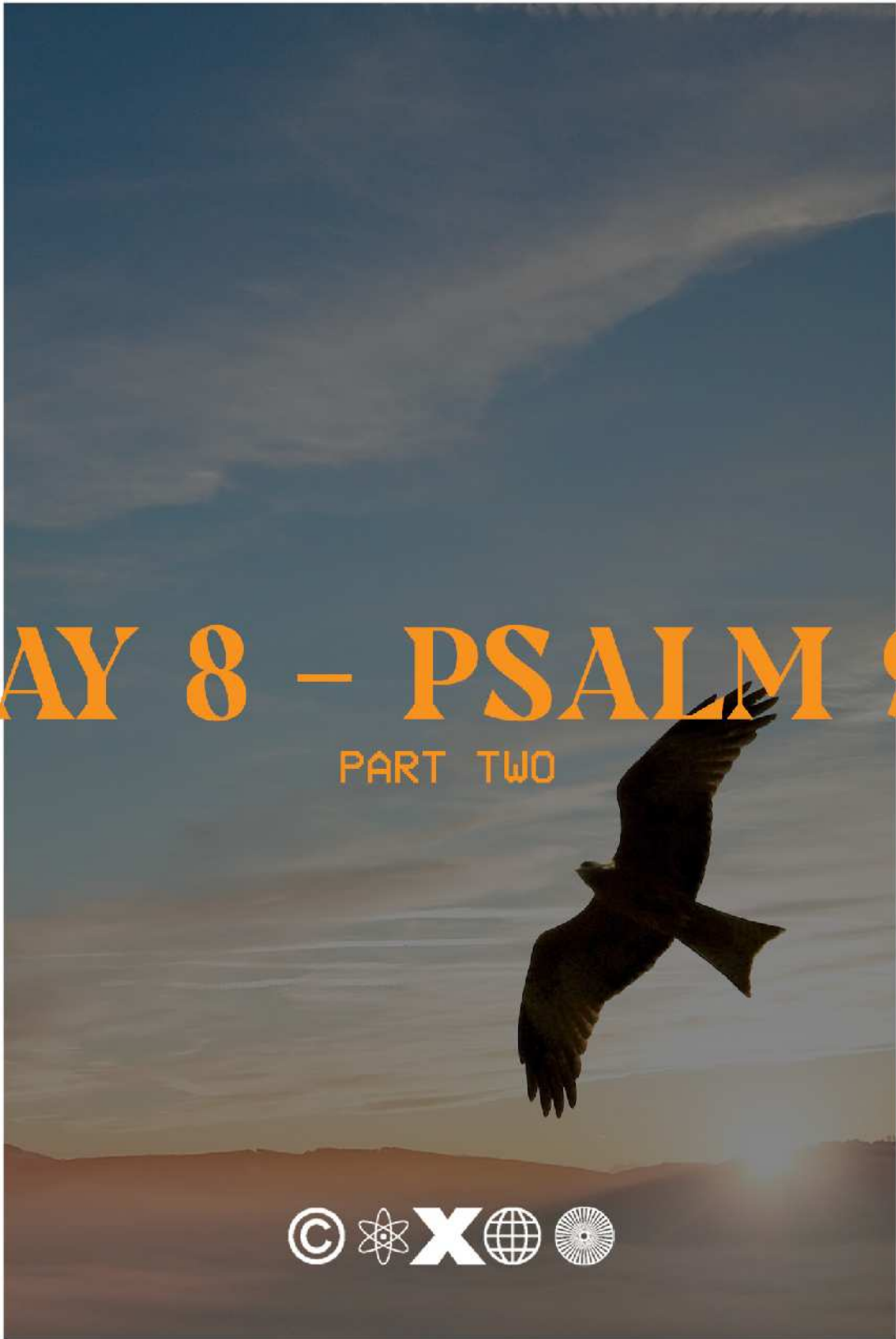
Be healed in Jesus' Name.

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty”

SCRIPTURE MEDITATION - PSALM 91

DAY 8 – PSALM 91

PART TWO



Welcome to Day 8

Welcome to day eight of our 21 day Healing Journey. Today, we're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

We're reading Psalm 91 together. And today we will go on from verse four, 'He shall cover you with His feathers and under His wings, you shall take refuge. His truth shall be your shield and buckler. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in the darkness and nor of the destruction that lays, and nor the destruction that lays waste at noon day, a thousand may fall at your side and 10,000 at your right hand, but it shall not come near you.'

As we read this today, I wanted to highlight a very powerful picture. I was once shown a story of how big fire had passed through a farmland. And on that farm was actually a whole bunch of chickens. And as the farmer was walking through his field, after the fire had passed, it was completely scorched and smoking and smoldering and nothing could have survived this fire. As he was walking through the burnt field, he noticed the carcass of a burnt hen smoking sitting there, and as he kicked it and bumped it and nudged it over out from under the carcass of that hen came it's alive, untouched, unscathed chicks. What had happened was when the mother knew a fire was coming, she had sat down and nestled on top of her little chicks and the fire had come through and completely killed the mom and scorched her. But the chicks who were protected under the feathers under the body of the mother were completely untouched.

If you think of what Jesus did for us at the cross, it's a picture of Psalm 91, verses four. 'He will cover you with His feathers and under His wings, you shall take refuge.' Jesus took the fire of judgment for all disease and sin on His body. But in Him, we are saved. Today, I want to encourage you to take refuge under Him because He has already paid the price for all disease and death, that wages on the youth and He did that with you in mind. It goes on to say, 'do not be afraid of the terror by night, nor the arrow that flies in the day, nor the pestilence that walks in the darkness.' That's a virus. And you know how often we don't know how viruses move because we can't see them move.

We cannot see it coming towards us. And it describes destruction in the day and destruction at night and ultimately says, 'a thousand will fall at your side and 10,000 at your right hand'. In other words, death is all around. Just like in that field with a fire moving, everything in the field died by the fire, except the chicks who were protected under, literally, under the wings of their mother. So as you see destruction all around and death, all around, God declares as you position yourself in Him under His wings, it shall not touch you.

You might be sitting in a hurt. You might be sitting in a hospital right now, surrounded by what feels like death. Receive that revelation today. It shall not come near you. Picture yourself protected and surrounded by the powerful, strong wings of your Savior.

PRAYER

Let's pray together. Today, Jesus, we lift up the people right now that might be surrounded by death might be facing destruction and pestilence today. They position themselves under Your wings and they take refuge in here. And we declare by the power of Jesus health protection and healing is theirs. Supernaturally. It shall not come near them in Jesus' name. We pray. Amen.

COMMUNION

Communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and he so desires to see you healthy and whole.

PRAYER OF BLESSING

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- Numbers 6:24-26

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Be healed in Jesus' Name.

He shall
cover you
with His
feathers and
under His
wings, you
shall take
refuge

SCRIPTURE MEDITATION - PSALM 91



DAY 9 - PSALM 91

PART THREE



Welcome to Day 9

Welcome to day nine of our 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus. .

SCRIPTURE MEDITATION

Together right now, we're receiving from Psalms 91, and we're going to carry on reading from verse eight, "With your eyes you shall look and see the reward of the wicked because you have made the Lord who is my refuge. Even the Most High, your dwelling place, no evil shall befall you nor shall any plague come near your dwelling for. He shall give his angels charge over you to keep you in all your ways in their hands. They shall bear you up. Lest you dash your foot against the stone. You shall tread upon the lion and the cobra because He has set His love upon you. Therefore, He will deliver you. He will set you on high because you know His name. He has placed His call upon you, and He will answer you and He will be with you in trouble and deliver you and honour you. And with long life, He will satisfy you and show you His salvation."

Today, let's receive the revelation that God has positioned all of heaven at your dispense. Angels are set to take care of you to lift you up, not to allow you to face what is going on in your circumstance, not allowing a circumstance to have victory over you, even describing things like disease and pestilence and destruction, describing things like plagues, and even the beasts that desire to destroy you.

God has thought of all attacks and positioned all of heaven so that He can do what? Place you on high reveal to you His name as Jesus, Savior, Deliver, show you His call. In other words, speak to your purpose and your future to be with you in trouble, to deliver you from trouble and to bring honour to you. And with long life, He promises to bless you and show you His salvation. No matter what you face today, this is the desire of God spoken through Jesus, His work, and to you.

PRAYER

Father, I thank you that as we look at what has been said about our circumstance in the natural, let us receive a divine revelation that angels and heaven and Christ himself is working for our deliverance, for our salvation to give us a long life, to keep us, to preserve us, to heal us, to protect us in Jesus' Name. We receive that promise. Amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the

broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.

- Numbers 6:24-26

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Be healed in Jesus' Name.

“no evil shall
befall you
nor shall any
plague come
near your
dwelling”



DAY 10 – PSALM 103:2-3



Welcome to Day 10

Welcome to day 10 of our 21 day Healing Journey. Try to switch off from the busyness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're reading together from Psalm 103 verses two to three, "Bless the Lord. Oh my soul. And forget not all His benefits who forgives us all our iniquities, who heals all our diseases, who redeems our lives from destruction, who crowns us with loving kindness and tender mercies". This song was written by King David. But if you think about King David's life, there were many moments where he was under attack, where he felt isolated and alone. He even writes a Psalm about traveling through the valley of the shadow of death. Yet he writes here for us to remember who God is and how He treats us, to understand that we must never forget that our God benefits us, that He forgives us and that He is a healer of our diseases.

He brings redemption from destruction and He has a loving kindness and a tender mercy towards us. Today, God wants you to remember He is a healer and remind yourself that He consistently desires to move and show you His mercy and His redemption. Whatever you face today and however you feel, God desires to change that from negative, from oppressed, depressed, helpless, hopeless to being full of faith and seeing Him deliver you.

PRAYER

Let's pray together, Father God, we thank you that no matter how we feel and what we face, we place our faith in Your redeeming kindness, Your loving mercy, that You're a deliverer, that You're a healer, that You're a forgiver. You are our Lord, Our Savior, amen.

COMMUNION

Receiving communion is a powerful moment and we encourage you to take a bread or Cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And He so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.

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Be healed in Jesus' Name.

Bless the Lord.
Oh my soul.
And forget
not all His
benefits who
forgives us
all for our
iniquities



DAY 11 – ISAIAH 41:10



Welcome to Day 11

Welcome to day 11 of our 21 day Healing Journey. We're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God.

SCRIPTURE MEDITATION

Today, we're going to be reading from Isaiah 41 verses 10. "Do not fear anything for I am with you. Do not be afraid for I am your God. I will strengthen you. Be assured I will help you. I will certainly take hold of you with my righteousness and my right hand, a hand of justice, of power of victory and of salvation." God wants you to know today, because of Him, you should not fear. Right now fear is on it's highest level since I can remember, people are scared of what can happen, people are scared of what is happening, and even people are scared of what has happened happening again. Fear is not mean to run your life.

God wants you to know that as He is with you today, the purpose of His presence is that His righteousness is your salvation. His righteousness is your power. His righteousness brings you victory. His righteousness saves you. The righteousness of God is given to us through the death and the resurrection of Jesus Christ. In fact, it is described as the gift of righteousness through Christ. You do not need to work for righteousness today. You do not need to earn righteousness today. It is yours through what Christ has earned for you. And because you are righteous, you need not fear. God will strengthen you and help you.

PRAYER

Let's pray. Father, I thank you that every person hearing my voice today, senses your presence, senses your love. And hears you telling them they are righteous in Christ Jesus. Today, healing is ours. Strength is ours. Power is ours and victory is ours because of Jesus.

We receive this as we believe it in Jesus' name, amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

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Be healed in Jesus' Name.

“Do not
fear
anything
for I am
with you”

SCRIPTURE MEDITATION - ISAIAH 41:10



DAY 12 - PSALM 118:17



Welcome to Day 12

Welcome to day 12 of our 21 day Healing Journey. Try to switch off from the busyness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're going to be reading from Psalm 118 verse 17.

"I shall not die, but live and declare the works of the Lord. I shall not die, but live and declare the works of the Lord."

Today, I want you to say these words, say your name and then say, "shall not die, but live", repeat those words right now. "I, and (your name) shall not die, but live. I shall not die, but live and declare the works of the Lord." Your testimony is tied to your salvation. Your testimony is tied to your healing. God wants you not to die, but live. He declares us in scripture in the book of Psalms and the author had many times in his life where he felt like death was near unnecessarily too early, maybe at the hands of an enemy. Right now, we face an enemy of disease and we face an enemy of, of mental illness and an enemy of oppression and depression. And it feels like everything is against us, but God wants you to declare you shall live and not die. You will be able to testify that it was God's saving hand, His work that brought you through in Jesus' Name,

PRAYER

Father, as we receive this for ourselves, we speak life over our lives, over our families and our bodies. And today we declare we shall live and not die, and we will testify. It was the Lord who did it in Jesus' Name. Amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and he so desires to see you healthy and whole.

PRAYER OF BLESSING

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- Numbers 6:24-26

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Be healed in Jesus' Name.

**“I shall not
die, but live
and declare
the works
of the Lord”**

SCRIPTURE MEDITATION - PSALM 118:17

DAY 13 - JEREMIAH 30:17



Welcome to Day 13

Welcome to day 13 of our 21 day Healing Journey. Today, we're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're reading from Jeremiah chapter 30, verse 17. It says, "I will give you back your health and heal your wounds says the Lord." What's interesting about this is God is not only interested in your physical health, but he's interested in healing your wounds. Your wounds may even be emotional. Your wounds may even be psychological today. You might just feel trapped by a negative experience by a tormenting happening, your situation.

Even if you're sick today, or even if you're experiencing a brokenness or an inner wound, God wants you to know he wants to restore you back to health and back to wholeness right now in the earth. So many people are functioning from dysfunction, broken, hurting in deep pain, helpless and hopeless. But God wants us to know it is not only his desire to keep us alive, but that we would function in perfect Shalom, Shalom. That word is 'nothing missing, nothing broken.'

PRAYER

Father, we thank you that we receive your healing. We receive your love today. Work in us, work in our bodies, work in our hearts, work in our minds, our healing, our wholeness, because You love us because you desire to do so. And Father, we receive that we can function from strength in Jesus' name.
Amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

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- Numbers 6:24-26

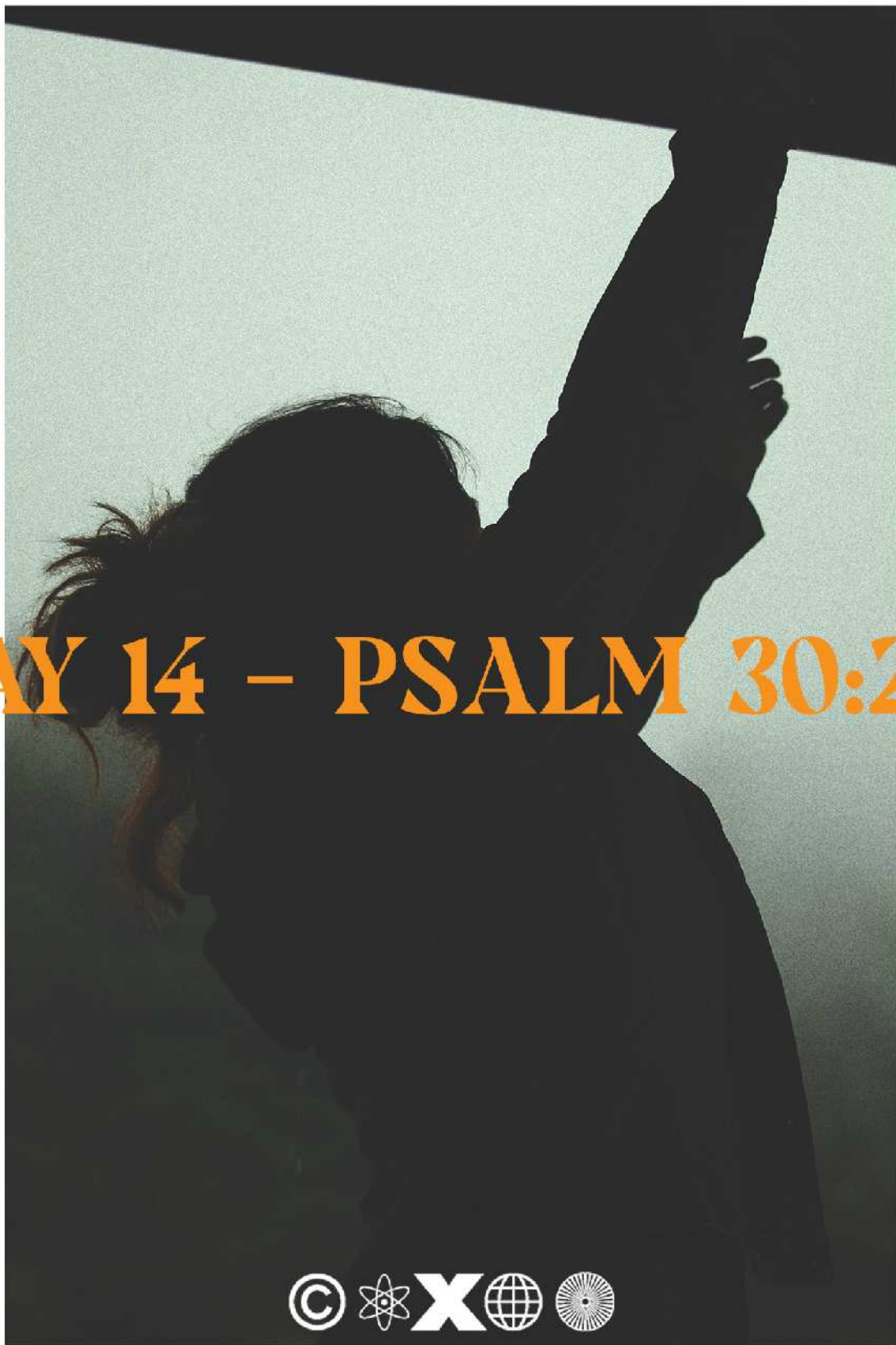
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Be healed in Jesus' Name.

I will give
you back
your health
and heal
your wounds
says the
Lord



DAY 14 – PSALM 30:2-3



Welcome to Day 14

Welcome to day 14 of our 21 day Healing Journey. We're going to take a moment, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're going to read from Psalm chapter 30, verses two to three. "Oh Lord. My healing. God, I cried out for a miracle and you healed me. You brought me back from the brink of death from the depths below. Now, here I am alive and well fully restored."

Today, God wants you to know His heart is to bring restoration and life and you know, you can cry out. You don't have to be perfect. God is listening. God wants to bring healing and wholeness into your life. Even if you're too weak to literally cry out, in your mind, in your heart right now, as you listen, you can say, "Lord, I need your healing." And you know what the promise of scripture is. He brings us back from the brink of death, even though death is close or death is near, or it feels like death is all around you. God will bring you back from the depths below. Why? So that you can live well and fully restored.

Declare right now, say your name. "I am restored. I will be healed. God will bring me back from the brink of death. I will live well. I will live long."

PRAYER

Father, I thank you that as we listen to Your scripture, as we receive Your promises, we place our faith in You. We cry out Father. You are a miracle working God. Healing and wholeness is ours today in Jesus' Name, Amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

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Be healed in Jesus' Name.

“Now, here I
am alive and
well fully
restored”

SCRIPTURE MEDITATION - PSALM 30:2-3



DAY 15 - 1 PETER 2:24



Welcome to Day 15

Welcome to day 15 of our 21 day Healing Journey. Today, we're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today we're reading 1 Peter chapter two, verses 24, "He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed."

What's interesting is that in scripture, in the Greek, often 'stripes' is the word for 'lash'. Stripes is the whip marks placed on Christ's body in his buildup to and at the cross. In fact, what's interesting is the word, therefore stripes (lash) is also used in other parts of the New Testament. When Jesus would heal people, often upon them receiving their healing, He would say, be healed of your lash. You could say, literally in English, Jesus said be 'healed of your stripes.' And they were healed. Jesus understood that disease was likened to a stripe likened to a lash. And the way He could offer them healing for their stripes is because He would receive their stripes upon Himself for them. Today, your disease was literally punished in the body of your Savior.

PRAYER

Father, we declare that each and every single person facing sickness today, fearing sickness today can receive a revelation that their disease was literally placed on Christ stroke after stroke. Lash after lash. He gave them healing in Jesus' Name. We are healed.

COMMUNION

Before you go. I want you to know receiving communion is a powerful moment, and we encourage you to take a bread or cracker, water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater, His love for you is greater and He so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.

- Numbers 6:24-26

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Be healed in Jesus' Name.

He himself
bore our sins
in his body
on the tree,
that we might
die to sin
and live to
righteousness.



DAY 16 – JOHN 10:10



Welcome to Day 16

Welcome to day 16 of our 21 day Healing Journey. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus

SCRIPTURE MEDITATION

Today we're reading from John chapter 10, verses 10. "The thief does not come except to steal, to kill and to destroy. I have come that they may have a life and they may have it more abundantly". Another translation says "The thief has only one thing in mind to steal, to kill and to destroy. But I have come to give you everything good in abundance, far more than you expected life in it's fullness until you overflow."

Today, the devil might be out for your destruction to steal your joy, to steal your health, to steal time you still have with loved ones. But today, we receive the promise of heaven that Jesus came to stop that destruction, to stand in the way of the enemy and to stop the work of the devil so that we would receive the opposite truths. That we would have a life, a life that does not take away, a life that adds. That we would be abundant in our joy, abundant in our peace and our life would have fullness into overflow.

PRAYER

Father, thank You that Your beloved child listening today, has a revelation that although there is an enemy out to steal, kill, and destroy, their Savior has stopped it so that we can receive through Jesus, a life full of peace, full of wholeness. And Father, we thank you that whatever comes against us shall not succeed. We receive the greater revelation of our Savior today over our circumstance, over our enemy. We thank You Jesus, You are working for our victory. In Jesus' name. Amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And He so desires to see you healthy and whole.

PRAYER OF BLESSING

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Be healed in Jesus' Name.

“I have come
to give you
everything
good in
abundance”

SCRIPTURE MEDITATION - JOHN 10:10



DAY 17 – MATTHEW 4:24



Welcome to Day 17

Welcome to day 17 of our 21 day Healing Journey. Try to switch off from the busyness around you. Take a moment to shift the focus from whatever's going on in your room and your mind in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're going to read Matthew chapter four, verses 24 "News about Jesus spread as far as Syria and people soon began bringing to Him all who were sick and whatever their sickness or disease was, or even if they were dealing with demon possession or epilepsy or paralysis, Jesus healed them all."

Today, imagine the word getting out of a Healer, One who cures all people would flock and flood to that. The funny thing though, is people often portray Jesus, like someone who needs you to fix your mess before you qualify to approach Him. That's not the heart of God today.

The heart of God today is that you would see Jesus as your supply. We come to Christ in need. We come to Him because we need of Him. There is nothing standing between you and Jesus today, if you would just come and boldly approach Him in need, He desires to heal.

Often Jesus would have an exchange with someone in need of healing. Like the leper, where the leper would say, "I know You are powerful to heal, but would You want to heal me?" The reason the leper asked that question was because in the context of the day, leprosy was seen as a mark of someone who was cursed by God, because they were a sinner and evil.

The funny thing is, the very reason Jesus came was to heal those who were in need, save the sinner, deliver those who were in a mess beyond their own ability. And today, I want you to know, not only is God able to heal you, but He wants to heal you.

Your need is your qualification for healing today. Just like a father is to a child, in an unconditional love, desiring to help at all times, God has a heart towards you through Christ that is only gracious, loving, and merciful.

PRAYER

Father, I thank You that people would see You in Your love and Your supply today that everyone who is sick and in need could thank You Jesus for healing. In Jesus' name, amen.

COMMUNION

We encourage you to take a bread or cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you.

As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And He so desires to see you healthy and whole.

PRAYER OF BLESSING

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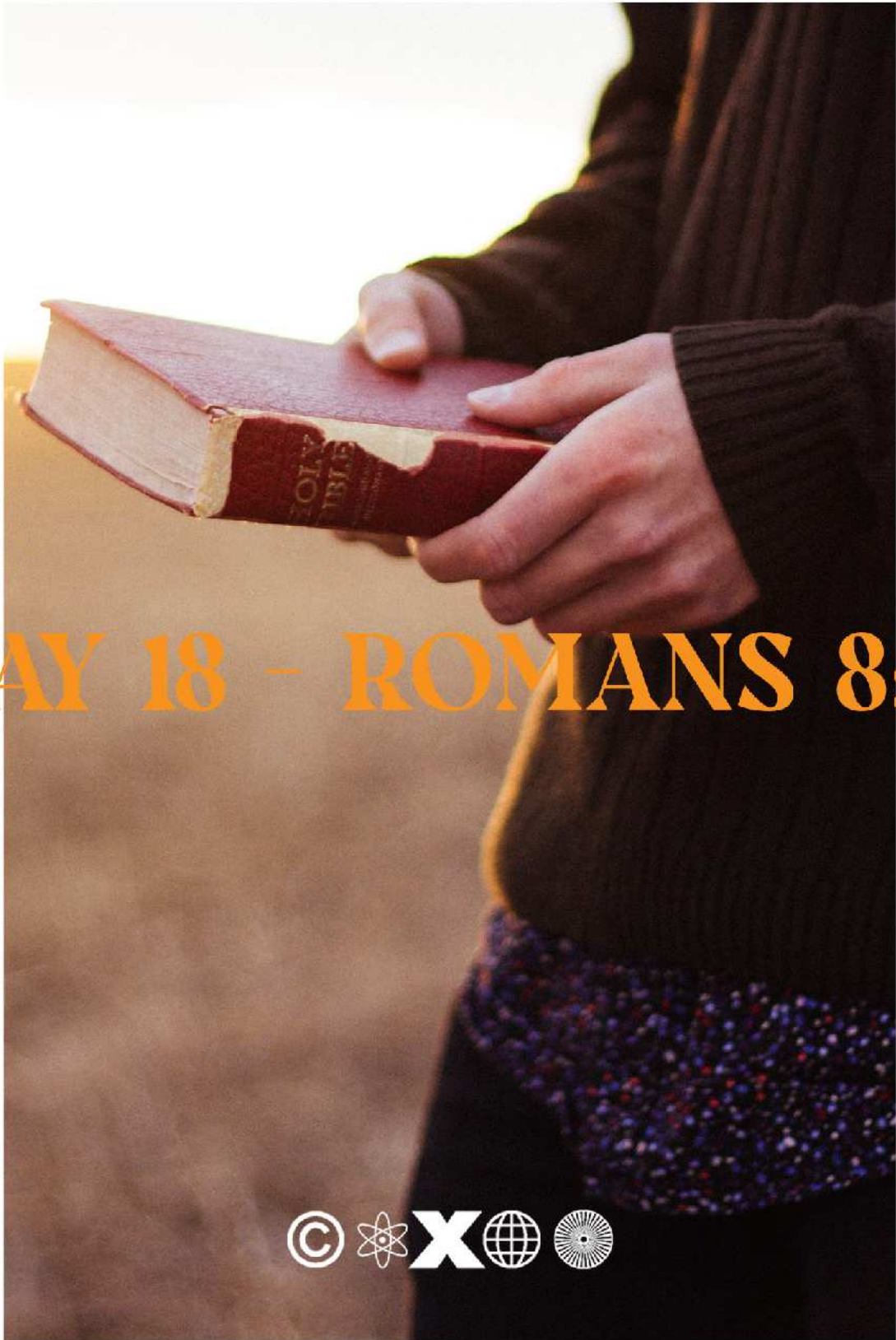
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Be healed in Jesus' Name.

“whatever
their sickness
or disease was,
Jesus healed
them all”

SCRIPTURE MEDITATION - MATTHEW 4:24



DAY 18 - ROMANS 8:11



Welcome to Day 18

Welcome to day 18 of our 21 day Healing Journey. Today, we're going to take a moment to put our eyes, our faith, and our focus in the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we're reading from Romans eight, verses 11. "And if the spirit of Him who raised Jesus from the dead lives in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His spirit who lives in you." Another translation would say it this way. "Yes, God raised Jesus to life. And since God's spirit of resurrection lives in you, He will also raise your dying body to life by the same spirit that breeds life into you."

What a powerful promise. God, doesn't say your body is naturally living and getting stronger. In fact, God knows that we live on an earth where our bodies are constantly getting weaker, where we might even be facing a diagnosis that death is near. But, God says the power that raised Christ from the dead desires to live in you and function for you, through you. Healing is ours to raise our bodies into strength. The same spirit that raised Christ is within us.

PRAYER

Father, we thank You today for Your resurrection power in our lives, in our natural bodies. Today, as we receive Christ as He is ours so is the power that raised Him from the dead. And we release that power to do a healing work, a strengthening work in us and through us, in Jesus' name, amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And He so desires to see you healthy and whole.

PRAYER OF BLESSING

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- Numbers 6:24-26

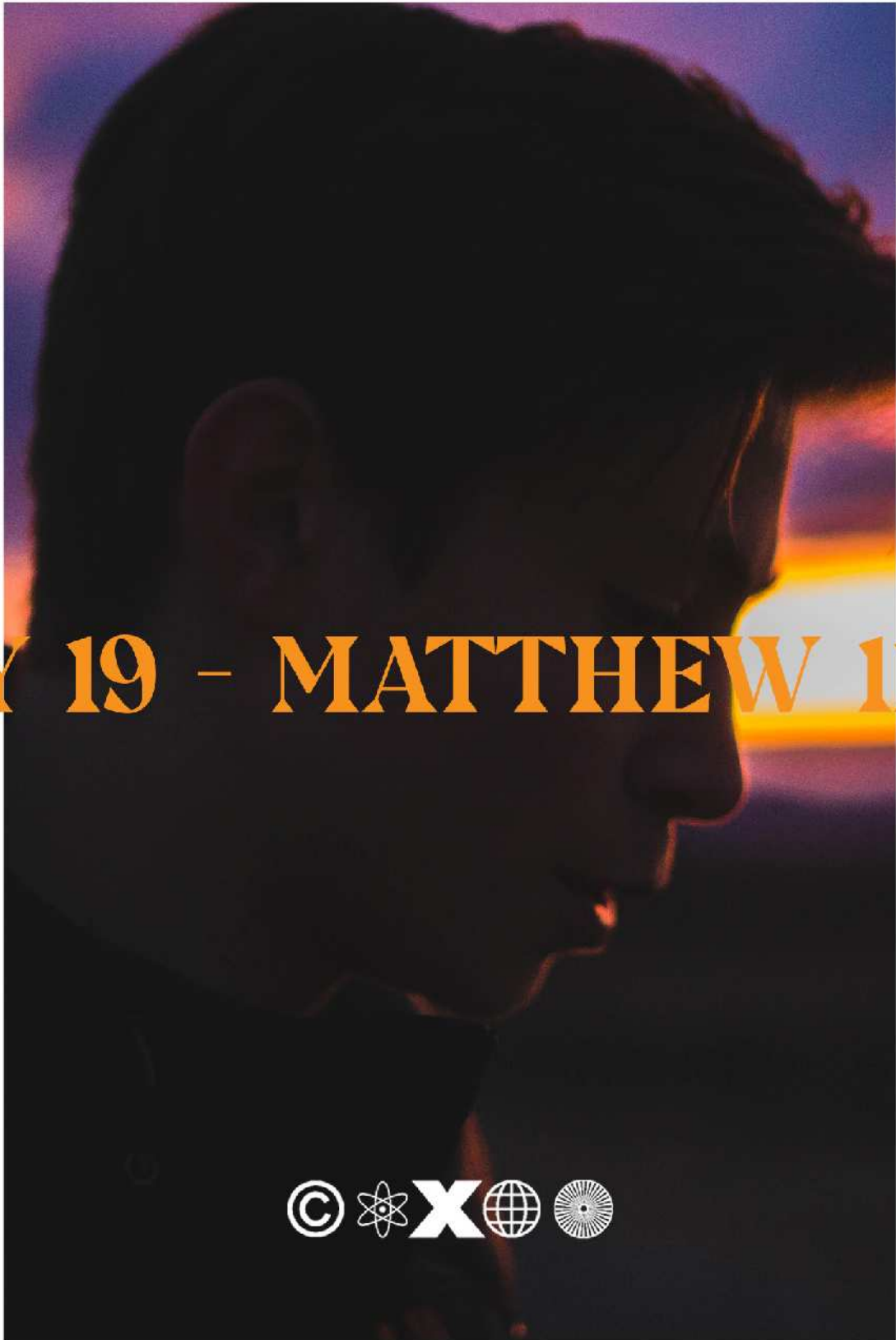
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Be healed in Jesus' Name.

“since God’s
spirit of
resurrection
lives in you,
He will also
raise your
dying body to
life”



DAY 19 - MATTHEW 11:28



Welcome to Day 19

Welcome to day 19 of our 21 day Healing Journey. Try to switch off from the busyness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today we're reading from Matthew chapter 11, verses 28 through 30.

"Are you tired? Worn out, burned out on religion. Come to Me, get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me. Watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you will learn to live freely and lightly."

Jesus was speaking to people, living on the earth in times like ours, where it's hard, it's tough. It's trying. And you might feel like it's too much, that you can't go on, that you're overwhelmed, that no matter how much you do, you don't get anywhere. But Jesus says, "I have come to change that, to take your burdens on My shoulders and give you My strength and My life. One that is not heavy, one that doesn't feel to weigh you down, but something that gives you freedom and lightness of life." Jesus wants you to cast your burdens, your cares, place your challenges on Him today, and receive from Him that He desires to release you into freedom and ease into grace into an unforced way of living, where it feels easy and light.

PRAYER

Father, I thank you that people listening today sense Your rest and Your peace. Whatever is burdening us today, no matter how impossible, whether it is health wise, financial wise, relationship wise, whatever is a problem, whatever is a mess, whatever is a trial, whatever is against us, God, we let You take it off us and we receive your rest. We receive Your ease, and we trust to walk with You and learn from You in this life of grace. In Jesus' Name, we pray amen.

COMMUNION

Receiving communion is a powerful moment and we encourage you to take a bread or cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you.

As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And he so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.

- Numbers 6:24-26

WHAT NEXT?

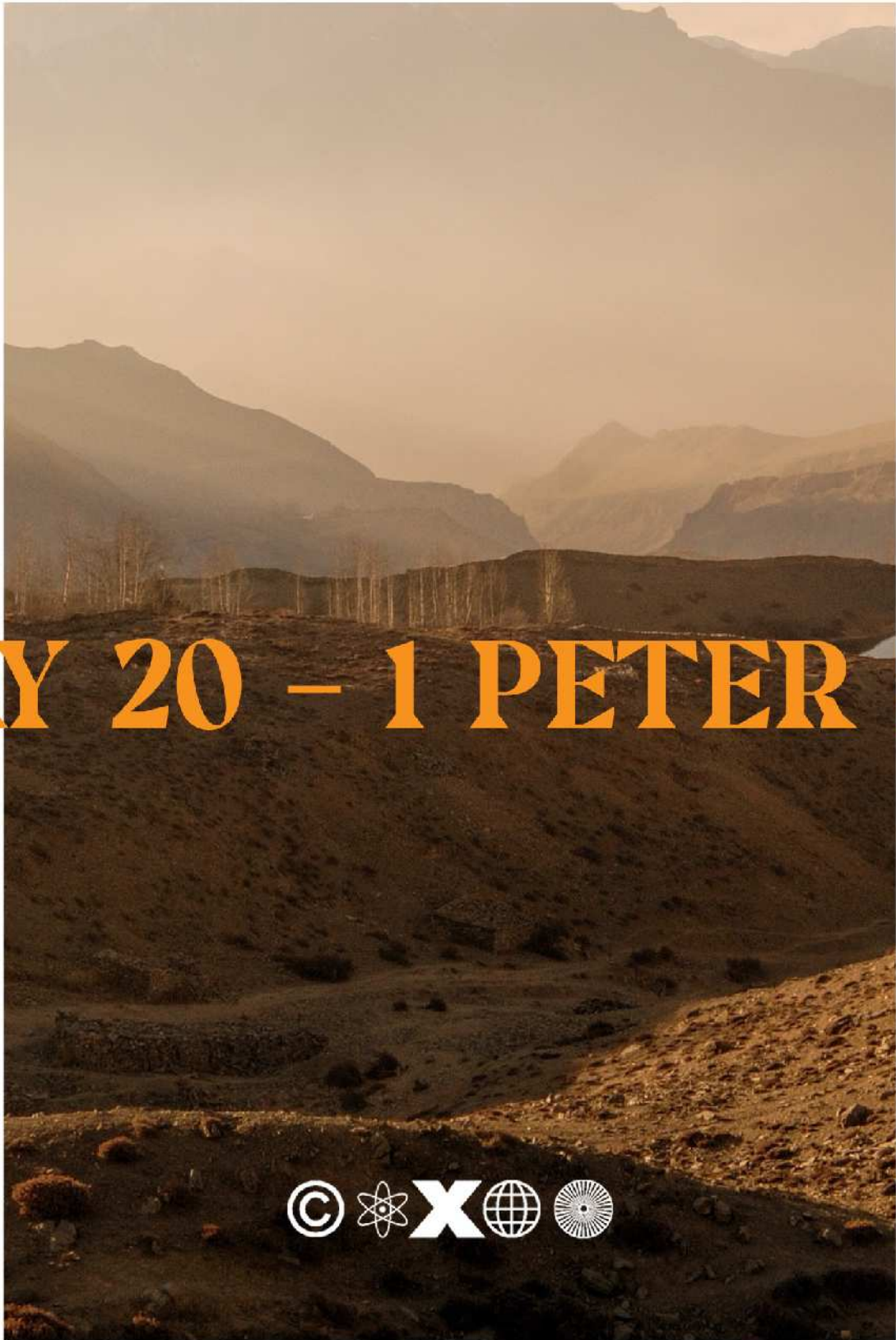
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Be healed in Jesus' Name.

“Learn the
unforced
rhythms of
grace”

SCRIPTURE MEDITATION - MATTHEW 11:28



DAY 20 – 1 PETER 5:7



Welcome to Day 20

Welcome to day 20 of our 21 day Healing Journey. Today, we're going to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, we are reading a powerful scripture from first Peter chapter five, verses seven. It says "casting all your cares upon Him because He cares for you". Another translation would say, "Put all your worries and stress on Jesus and leave them there because He cares for you".

So many times in life people carry the wrong things. God wants you to carry purpose, carry hope, carry love, carry joy, but He doesn't want you carrying stress, carrying disease, carrying anxiety, carrying pain. That is not what you are designed to carry. When Christ came to take your place, He hung on a cross to bear your burdens so that He could give you a life of rest and ease because He cares for you.

So often before Jesus moved in mighty miracles, the Bible tells us He was first moved with compassion for the crowd or the person He saw, whether they were starving, whether they were dying, whether they were literally possessed, He was first moved by compassion for them before He moved in mighty miracles. Why? Because He loved them. God loves you today. And the demonstration of that love is that He came to earth to die in your place so that He could take your cares upon Himself and give you a life of ease and rest. Today, cast your cares on Him and leave them there.

PRAYER

Father, I thank You that as we give You, whatever is stressing us today, whatever feels like a burden to us today, whatever overwhelms us today, we give it to You, but we also leave it with You as we leave with Your rest, your joy, your ease. Father, I thank You that we sense Your presence and Your love and Your compassion today, in Jesus' name, amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or Cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And He so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.

- Numbers 6:24-26

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Be healed in Jesus' Name.

“casting all
your cares
upon Him
because He
cares for
you”

SCRIPTURE MEDITATION - 1 PETER 5:7



DAY 21 - MARK 5:25-29



Welcome to Day 21

Welcome to day 21 of our 21 day Healing Journey to take a moment to put our eyes, our faith, and our focus on the love, grace and goodness of our God. So be still, try to switch off from the busy-ness around you. Take a moment to shift the focus from whatever's going on in your room, in your mind, in your body and place your focus in the healing power of Jesus.

SCRIPTURE MEDITATION

Today, I want to read from Mark chapter five, verses 25 through 29. "Now a certain woman had a flow of blood for 12 years and had suffered many things from many physicians. She had spent every cent she had and was still not well, but in fact, got worse. When she heard about Jesus, she came behind Him in the crowd and touched His garment for, she said, if only I may touch His clothes, I shall be made well. Immediately, the fountain of blood was dried up and she felt in her body that she was healed of her disease."

Today, I want you to know that there is even a recorded story in scripture that tells us of someone who had tried everything, seen every doctor and spent everything she had, trying to get better. And she heard of this Jesus who was a healer, and she decided to break all protocol. She decided to push her way through the crowd to just get to Him. Here is a story in scripture of a woman who for 12 years had tried everything, seen every doctor and spent every cent she had trying to get better, but rather only got sicker. But she heard about Jesus and she decided to break all protocol and just get to Him. And she even said prior to her miracle, I know if I just touch His clothes, I'll be made. Well, what's amazing about this story is the part of Jesus's robe that she grabbed onto was the hem of His garment.

There's such powerful revelation of how she was grabbing onto the grace of God and literally trusting in the robe of His righteousness for her healing. It was a picture of us today that as we reach out for God's goodness and His grace, it is because we are in need, we need healing, we need leading, we need wholeness. But all throughout the Old Testament, when people approached God, they were only able to see His back because if they saw His face and they had sin in their life, they would die. But because Christ came for our sin, when she grabs the hem of His robe, He doesn't just move on and leave her being healed and whole, He stops in His tracks, He turns around, He bends down and He looks her in the face. And as grace looks her in the face, He says to her, 'you have faith.'

I want to encourage you today, faith is not about how often you go to church or how much of scripture, you know, necessarily, it is about the fact that you see Jesus as your answer. And not only do you see Him as your answer, you reach out and touch Him. God wants you to reach out today and to allow Him to work in your life. His righteousness, His grace is sufficient for you.

PRAYER

Father, I thank you that no matter what people have faced, maybe they've been unable to get a doctor to diagnose accurately. Maybe a doctor have not been able

to even help. Maybe they're sitting, not even affording health care today, but as they get a revelation, Jesus is here to heal, to restore. I thank you, Lord that as they literally reach out, You touch them with healing, in Jesus' name, amen.

COMMUNION

Receiving communion is a powerful moment, and we encourage you to take a bread or cracker water or juice around you. Even in a hospital room, you can use some of the food set aside and the water set aside as a powerful moment to receive communion and communion is about placing your faith for your healing in the broken body of Jesus, for your forgiveness in the blood of Jesus, placing your focus on what Jesus has done for you. As you receive communion, reflect powerfully that no matter what you face, Jesus has greater. His love for you is greater. And He so desires to see you healthy and whole.

PRAYER OF BLESSING

Now I'd like to pray a blessing over you. May the Lord bless you and keep you. May His face shine upon you and show you His grace and give you peace.

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Be healed in Jesus' Name.

“she felt in
her body
that she was
healed of
her disease”

Healing Scriptures

Listen and follow along to the powerful, life-giving scriptures being read over you in this audio 'Healing Journey'. You can follow along with this Healing Journey

E-book. Accompanied by instrumental music, the reading of these healing scriptures will wash over you and immerse you in God's healing anointing. Perfect for your daily meditation or listening at any time of the day, wherever you are.

1. For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow – Hebrews 4:12
2. "I sought the LORD, and he answered me; he delivered me from all my fears." – Psalm 34:4
3. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." – Isaiah 41:1
4. He heals the broken-hearted And binds up their wounds. Psalm 147:3
5. He restores my soul; He leads me in the paths of righteousness For His name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me – Psalm 23:3-4
6. "He gives strength to the weary and increases the power of the weak." – Isaiah 40:29
7. "But I will sing of your strength, in the morning I will sing of your love: for you are my fortress, my refuge in times of trouble." – Psalm 59:16
8. "But the Lord is faithful, and he will strengthen you and protect you from the evil one." – 2 Thessalonians 3:3
9. "Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken." – Psalm 55:22
10. "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." – Romans 15:13
11. But Jesus looked at them and said, "With men it is impossible, but not with God; for with God all things are possible." (Mark 10:27)
12. "And all in the crowd were trying to touch him, for power came out from him and healed all of them." – Luke 6:19
13. "You are my hiding place; you will protect me from trouble and surround me with

songs of deliverance.” — Psalm 32:7-8

14. “When the righteous cry for help, the Lord hears and rescues them from all their troubles.” — Psalm 34:17
15. My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and salvation; He is a fortress, I will never be shaken.” — Psalm 62:1-2
16. My grace is sufficient for you, for my power is made perfect in weakness.” — 2 Corinthians 12:9
17. “I have told you these things so that in me you have peace. In this world, you will have trouble. But take heart! I have overcome the world.” — John 16:33
18. But I will restore you to health and heal your wounds,’ declares the LORD, . . . (Jeremiah 30:17)
19. I will not die but live, and will proclaim what the LORD has done. (Psalm 118:17)
20. Jesus said to him, “If you can believe, all things are possible to him who believes.” (Mark 9:23)
21. Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (III John 1:2)
22. He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. (I Peter 2:24)
23. “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being” — Ephesians 4:16
24. “The name of the LORD is a fortified tower; the righteous run to it and are safe.” — Proverbs 18:10
25. “The Lord gives strength to his people; the Lord blesses his people with peace.” — Psalm 29:11
26. Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, “Cursed is everyone who hangs on a tree”), Gal 3:13
27. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed. (Isaiah 53:5)
28. Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. (Psalms 91:3)
29. And whatever things you ask in prayer, believing, you will receive.” (Matthew 21:22)
30. Most assuredly, I say to you, whatever you ask the Father in My name He will give you. Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full. (John 16:23-24)

31. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)
32. Let us hold unswervingly to the hope we profess, for he who promised is faithful. (Hebrews 10:23)
33. For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us. (II Corinthians 1:20)
34. Moses was 120 years old when he died. His eyes were not dim nor his natural vigor diminished. (Deuteronomy 34:7)
35. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)
36. No evil shall befall you, Nor shall any plague come near your dwelling;
37. For He shall give His angels charge over you, To keep you in all your ways. (Psalms 91:10-11)
38. Then Jesus put out His hand and touched him, saying, "I am willing; be cleansed." Immediately his leprosy was cleansed. (Matthew 8:3)
39. So Jesus stood still and called them, and said, "What do you want Me to do for you?" (Matthew 20:32)
40. LORD my God, I cried out to You, And You healed me. LORD, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. (Psalms 30:2-3)
41. Let my supplication come before You; Deliver me according to Your word. (Psalms 119:170)
42. Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7)
43. The LORD is my Shepherd; I shall not want. (Psalms 23:1)
44. It shall be health to thy navel, and marrow to thy bones. (Proverbs 3:8)
45. But my God shall supply all your need according to his riches in glory by Christ Jesus. (Philippians 4:19)
46.casting all your care upon Him, for He cares for you (I Peter 5:7)
47. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. (John 15:7)
48. He sent his word, and healed them, and delivered them from their destructions. (Psalms 107:20)
49. So the Lord said, "If you have faith as a mustard seed, you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea,' and it would obey you. (Luke 17:6)

50. Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. (1 John 5:14-15)
51. He also brought them out with silver and gold, And there was none feeble among His tribes. (Psalms 105:37)
52. The LORD will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt . . . (Deuteronomy 7:15)
53. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. (Hebrews 4:16)
54. With long life will I satisfy him and show him my salvation. (Psalm 91:16)
55. He sent forth his word and healed them; he rescued them from the grave. (Psalm 107:20)
56. Surely he took up our infirmities & carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. (Isaiah 53:4-5)
57. "Heal me, O Lord, and I WILL BE HEALED; save me and I will be saved, for you are the one I praise." (Jeremiah 17:14)
58. Whatever they plot against the LORD he will bring to an end; trouble will not come a second time. (Nahum 1:9)
59. A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cured of his leprosy. (Matthew 8:2-3)
60. . . . and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: " He Himself took our infirmities & carried for us our sicknesses." (Matthew 8:16-17)
61. "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. "Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. (Matthew 18:18-19)
62. Jesus replied, "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. (Matthew 21:21)
63. Then the LORD said to me, "You have seen well, for I am ready to perform My word." (Jeremiah 1:12)
64. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. (John 10:10)

65. The weapons we fight with are not the weapons of the world. On the contrary, they are MIGHTY & have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (II Corinthians 10:4-5)
66. Finally, be strong in the Lord and in his mighty power. Put on the full Armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full Armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. (Ephesians 6:10-17)
67. . . . for it is God who works in you to will and to act according to His good purpose. (Philippians 2:13)
68. And if 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 through his Spirit, who lives in you. (Romans 8:11)
69. By faith Abraham, even though he was past age--and Sarah herself was barren--was enabled to become a father because he considered Him faithful who had made the promise. (Hebrews 11:11)
70. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (II Timothy 1:7)
71. So do not throw away your confidence; it will be richly rewarded. (Hebrews 10:35)
72. Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, . . . (Psalms 103:1-3)
73. The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you, and GIVE YOU SHALOM PEACE (Numbers6:24-26)
74. So will the words that come out of my mouth not come back empty-handed. They'll do the work I sent them to do, they'll complete the assignment I gave them. "So you'll go out in joy, you'll be led into a whole and complete life. Isaiah 55:11-12 MSG

**IN JESUS' NAME
AMEN**