

A Guide to Healing Prayer

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Opening to the Hope of
Wholeness and Peace

There is healing power available from God, if you are willing to believe and trust. Jesus not only came to preach and teach, but also to heal. Almost one-fourth of the stories in the gospels are about Jesus healing all kinds of illness: physical, mental, and spiritual. After Jesus died, the apostles continued the ministry of healing, as did their followers. Belief in healing has always been at the core of Christianity, whether all churches have practiced it or not.

How can you receive God's healing? It begins with faith and surrender. Recognize your doubts and put them aside so you can open yourself to God's healing power. If you have difficulty doing this, then tell God that you have trouble giving up your doubts. Ask God to have faith for you. Healing also includes surrender: giving to God everything, including the power to choose what kind of healing to give you. To truly let God heal you, you have to let God decide what kind of healing is best, even if it is different from what we want. God is not a genie doing our commands. God is the loving healer who will do what's best for us. Trust in this. God wants to heal you, but not necessarily in the order you want healing. Most of us want to be healed on the outside. We want to be healed of something physical or mental, but God is interested most in healing from the inside out – from the soul outward. The more open you are to God, the more God can heal you spiritually, and then let that spiritual healing turn into mental and physical healing.

The most important things are to try your best to trust in God to heal you, and to trust that God is healing you, even if you can't feel anything happening. Like seeds planted in the soil, you can't always see growth until it sprouts. You need to be patient and let God work. Healing, like anything lasting, takes time to grow.

The following, then, are suggestions to you as you begin healing prayer for yourself or someone else:

Lay aside your doubts, worries, and cares:

Psalm 46:10 says, "Be still, and know that I am God!" As you begin your prayer, be as still and calm as possible. If you can't, don't worry. God will accept you as you are. Just trust that God will act.

Open yourself to God:

Just as we need to plug a light into electricity to receive its power, we need to plug into God to receive healing power. Try taking a minute to silently recite to yourself, "Bless the Lord, O my soul." When you feel more open to God, ask God to enter you and grow within you.

Pray:

Pray for your healing. Be specific. Imagine what you want God to do and ask for it. Ask with confidence. A suggested prayer: "Lord, I know that it is your will for me to be whole and holy. Let your power enter me and heal me. Heal me by... (be specific). Thank you for healing me."

Trust and believe that God’s power is entering into you:

When God works, we usually don’t see, sense, or feel it. Sometimes healing is immediate; more often it is slow and gradual. This is especially true of pervasive physical diseases like cancer or degenerative diseases and mental illness. Don’t spend time analyzing whether you are being healed or not. Just trust and believe.

Thank God for healing you:

When we thank God, we are appreciating God, and the more we appreciate God, the more we allow God into our lives. After you’ve prayed for healing, thank God for being with you.

Set up a prayer discipline:

Too often people pray once, and when nothing happens, quit praying. God wants us not only to pray, but to pray constantly. It is through our constant prayer that God increases in our lives. Make regular times for healing prayer. Do it two or three times a day. Also, keep it simple and direct. The best prayers are simple: “God, I know you love me and are with me. You know my struggles and pain. In the power of Christ, fill me with your spirit and heal me.”

As you begin to pray for healing, try this simple prayer:

God, I give you my life to do with as you will. I know that you can heal me, yet my faith is weak. Give me the faith to trust in you. Let your healing Spirit enter me and heal me by (be specific). I thank you, God, for your presence. Let your grace shine in me and through me.

Thanks to The Rev. Dr. N. Graham Standish, MSW, of the Calvin Presbyterian Church, Zelienople, PA, for creating this guide and allowing us to reproduce it.



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How to Live a Healthy and Holy Life

One of the best ways to increase God’s power in your life is to follow the guidance of I Thessalonians 5:16 -18.

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

By doing this, you will increase God’s power naturally in your life

Rejoice always: *It is easy to slip into a dark, pessimistic, doubting, and cynical spirit. This is especially true when suffering from the depression that so often afflicts us either because of physical or mental illness. Look around for reasons to sense and appreciate God’s presence. It can be the love of family, the movements of nature, or anything else that reveals God’s work in the world. Try to find ways to rejoice, even if is difficult and you see no joy in life. Rejoicing increases God’s presence.*

Pray without ceasing: *Turn your life into prayer. You don’t have to pray in a formal way. Talk to God all throughout the day. Give God your burdens. Let God be a constant companion by constantly speaking and listening to God throughout your day.*

Give thanks in all circumstances: *The more we thank God in every point of life, even when we don’t sense God, the more we create openings for God to enter our lives. Think about this. Have you noticed that when you are thankful towards other people, they are more likely to be giving and caring toward you? And the opposite is true: the more ungrateful and grudging we are in life, the less people respond. Our attitude can either open or close us to others, and it can open or close us to God. Look for reasons to thank God.*