

Prayerwalking



Taking Your Faith Into The Real World



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Diseased Bodies and Broken Hearts

When you prayerwalk, there is one thing of which you can be certain. Wherever you go, there will be diseased bodies and broken hearts. I'm absolutely certain of this. It's part of living in a sinful, fallen world. Wherever you prayerwalk, there is the need for healing. As we prayerwalk, we should pray for the healing of these diseased bodies and broken hearts.

The Word of God is clear - God is the healing God. He heals not only our bodies but also our hearts (**Exodus 15:26; Psalm 147:3**). He has compassion for the sick and the hurting. As we prayerwalk, we are to call on Him to release His healing power in the lives of people.

Practical Guidelines For Healing Prayer

The following are some practical suggestions on praying for healing. These guidelines can assist you in your intercession for those who are sick.

◆ *Pray in faith that God will heal the person.* When you pray for healing, be bold in your asking. Believe God for the healing in the person's life. God's name and nature reveal that He is a God who is willing and able to heal. This is a powerful motivation for praying for healing. Don't be intimidated or afraid to pray for healing. It is in God's hands. He is

the One who heals. Your responsibility is to pray to Him for the release of His healing power. Cry out to Him in faith for healing in the life of the person.

- ◆ *Be submissive to the Holy Spirit's leadership when praying for healing.* As you pray in faith for healing, be sensitive to the Spirit's leadership. He can and will grant you insights that you will need to intercede for this person. He can reveal areas that you need to cover in your praying for the sick person. Ask Him to make you sensitive to His leadership as you pray for healing.
- ◆ *Pray for the removal of any hindrances to healing in the person's life.* Just as there are hindrances to prayer, there are hindrances to healing. I am well aware of the horror stories that circulate concerning this subject. You have probably heard of ministers or evangelists telling people that they did not have enough faith to be healed. These ministers and evangelists place the blame on the person for a lack of healing in his or her life. This adds even more pain to the sick person. We must develop a balance between ministry and encouragement and lovingly confronting any hindrances to healing. There are certain things that hinder a person from receiving God's healing power. We cannot ignore the fact that certain factors can hinder a person from receiving healing. An example is unforgiveness. As you pray for healing, plead that God will enable the person to remove any hindrances to healing. Pray for the removal of these things so that the person can receive healing.
- ◆ *Persist in praying for healing.* Do not become discouraged if healing does not take place immediately. Do not give up praying for the

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person. Sometimes God is pleased to heal instantaneously. Yet, there are times when His healing is a process—it happens over a period of time. Continue to plead in faith for the person.

- ◆ *Pray that grace and strength would be given to the person until healing does come.* While the person is sick, plead that God would sustain the person. Ask Him to work in the person's life through this time until healing does take place. Pray that His work of sanctification will be advanced and deepened in the person's life.
- ◆ *Remember that God's healing is sometimes heaven.* There are times when God is pleased to heal in this life. Yet, God sometimes heals by taking the person into heaven. He then gives the ultimate and eternal healing.
- ◆ *Keep your faith fixed on the Healer and not on the healing.* God is more important than the healing. An individual's relationship to God is a priority over the healing. Both the sick person and those praying for him or her must seek the Healer first.
- ◆ *Immerse yourself in the Word of God.* Praying for healing must be based on the Word of God. Dig into God's truth for His claims, His commands, and His promises. Ask the Holy Spirit to guide you to texts or verses that will give you insight on how to pray in this particular situation.
- ◆ *Praise God as you pray for healing.* Praise releases God's power. God declares that He will be enthroned in the praises of His people (**Psalm 22:3**). He will reveal His power as His people praise Him. When the praise goes up, the power comes down. When you pray for healing, praise God for victory. Glorify Him for what He will do in the person's life.

Praying For Physical Healing

The following are Scripture prayers that you can use to plead with God for healing. These prayers are not magical formulas. They are prayers based on the Word of God that you can use to seek the release of God's healing power in the lives of sick and hurting people.

You can use these or develop your own from them.

As our Creator, I pray that You would grant healing to the sick in this area. Let Your power envelop them and bring the healing that is needed (**Genesis 1:26; Psalm 139**).

You are the God of healing. Your name declares that You are the Healer. Your nature is to heal. I plead with You to be true to Your name and Your nature. I ask You to release healing into the lives of people throughout this area (**Exodus 15:26**).

I praise You, O God that one of Your first revelations about Yourself is that You are a God who heals and makes whole. The essence of who You are is to heal and make whole. I plead in the name of Jesus that You would heal and make people here whole (**Exodus 15:26**).

Lord Jesus, You said, "according to your faith, let it be to you." I pray that You would grant the faith to people in order to believe Your Word for their healing (**Matthew 9:29**).

Lord Jesus, like the woman in the crowd who touched the hem of Your garment and was healed, I pray that people here would reach out to You. Your healing virtue is available to those who reach out to You (**Mark 5:24-34**).

Father, when doubt or unbelief starts to fill peoples' minds and hearts concerning healing, I pray that they will focus on the words of Jesus, "Do not fear, only believe" (**Mark 5:36**).

Lord Jesus, You have been exalted as Lord over all. This includes all sickness and disease. In the Your name and through Your power, I pray that You would remove sickness from people here (**Philippians 2:9-11**).

Father, I plead that You would remove any obstacles here that would prevent people here from receiving healing (**James 5:16**).

Father, I pray that You would pour out Your mercy and grace on people here during the time

of their sickness. Let Your power sustain them until healing comes to their life (**2 Corinthians 12:9**).

Father, in the midst of the pain with no outward improvements, enable the sick here to be steadfast, immovable, always abounding in love and obedience for You. I plead that they will keep their eyes fixed on You, the only Healer and Sustainer (**1 Corinthians 15:58**).

Father, You are full of mercy and compassion. I ask that You would heal people here as a concrete expression of Your mercy and compassion (**2 Corinthians 1:3; Lamentations 3:22-23**).

Father, the Lord Jesus Christ has taught me to ask, seek, and knock. I ask You to grant healing to the sick here. I seek You for the release of Your power into their lives. I am knocking for the blessing of physical and spiritual wholeness in their lives (**Matthew 7:7**).

Father, I ask in the name of Jesus for You to heal people here so that You might be glorified. Grant healing to the sick here so that people might praise You and honor You for Your love, compassion, and power (**John 11:4; Acts 4:21**).

Just as the people who brought the blind man of Bethsaida, I bring the people of this area to You. I lift them up to You in prayer. I beg You to touch them. I plead with You to grant healing in their lives (**Mark 8:22-25**).

Father, I believe that You are willing to heal. I believe that You have the power to heal. Because of this, I pray that You would heal the sick in this area (**Matthew 9:2, 15:28**).

O Lord my God, I plead that the people here would cry out to You and that You would heal them in response to their cries to You (**Psalms 30:2**).

Father, I plead in the name of Jesus that You would send Your Word and heal the people of this area (**Psalms 107:20**).

Father, I plead with You to sustain the sick here. I pray that You would grant Your healing in Your time and way in their lives (**Psalms 41:3**).

Father, I pray that You would heal the sick here so that they can declare Your mighty works to others (**Psalms 118:17**).

Father, You are the God who has the power to take sickness away. I plead in the name of Jesus that You would remove disease from the people of this area (**Exodus 23:25**).

Father, I pray that people here would not be wise in their own eyes and that they would shun and avoid evil. Let this bring health to their bodies and nourishment to their bones (**Proverbs 3:7-8**).

Father, You give power to the faint and You give strength to those who have no strength. Father, I plead that You would grant power and strength to sick in this area (**Isaiah 40:29**).

Praying For Emotional Healing

Father, You are the Healer of the brokenhearted. You declare that You bind up their wounds. Because it is Your nature to heal, I ask You to heal the people here of all their emotional wounds. By Your love and power, remove the hurt and anger that they are experiencing. Help them move on to emotional wholeness (**Psalms 147:3**).

Father, I ask that the people here would trust in You as their Healer. Build their faith to depend on You as their Healer. Reveal to them that You are filled with mercy and grace. Convict them of Your willingness and ability to heal them (**Psalms 103:8, 11**).

Father, You are the Creator of the people here. You have made their emotions. These emotions have been wounded; they have been torn apart. Sinful, negative emotions have been cultivated into their life. I plead for You to release Your power into their lives. Remove the sinful, negative emotions that resulted from their emotional wounds. Heal them so that they can

experience emotional health and wholeness (**Genesis 1:27**).

Father, the people here have experienced deep emotional wounds. However, I ask You to deliver them out of all of these. Heal them and cause them to grow from these wounds (**Psalm 34:19**).

Father, You promise to be near those who are brokenhearted. I pray that You would grant the people here a deeper experience of Your presence. Surround them with Your love. Cause them to know that You love them without reservation (**Psalm 34:18**).

Father, You sent Jesus to heal the brokenhearted. You sent Him to set the captives free. I plead in the name of Jesus that people here would experience complete emotional healing. In the name of Jesus, I pray that they would be set free from every past hurt that binds them. Through Your Son Jesus, heal them and grant them freedom from the consequences of their past hurts (**Luke 4:18-19**).

Father, I ask in the name of Jesus that You would bind Satan and his demons from the people here. In the name of Jesus, I plead that they would no longer harass or oppress them through their emotional wounds. Deliver them from the attacks of the enemy through past emotional wounds. Heal them and cut off every avenue of the enemy in their lives (**1 Peter 5:8**).

Father, I ask You to set people here free from any unforgiveness in their life. Deeply convict them of any unforgiveness that they are harboring. Through Your grace and power, enable them to release the debt, the anger, and the damage into Your hands. I plead that they would forgive as You do for the sake of Christ (**Matthew 6:14-15; Ephesians 4:32**).

Father, I pray that You would cultivate the fruit of Spirit in the people here. I plead with You to transform them. Root out the sinful, negative emotions that have been cultivated in their lives.

Replace these things with Your fruit (**Galatians 5:22-23**).

Father, emotional hurts can produce sinful, negative attitudes and behaviors that can hinder and destroy relationships. I pray that You would deal with any sinful attitudes or behaviors in their lives that would hinder their relationships. I plead that You would grant them healthy, godly relationships (**Matthew 22:39**).

Father, I plead that You would enable the people here to confess and repent of any sinful responses to their emotional wounds. I pray that they would not see themselves as victims, but would take responsibility for their responses (**1 John 1:9; Proverbs 28:13**).

Dr. Kevin Meador, President
The Prayer Closet Ministries, Inc.
 P. O. Box 278,
 Hickory, MS 39332

(601) 635-2180
 (601) 646-2295

EMAIL:
prayer@prayerclosetministries.org

WEB PAGES:
www.prayerclosetministries.org