

## How to Heal

Healing takes time, so be patient and keep yourself close to God during the process. Read through the verses every day to remind yourself of God's love.

- **Isaiah 57:18-19:** *"I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel's mourners, creating praise on their lips. Peace, peace, to those far and near," says the Lord. "And I will heal them."*
- **Psalms 103:2-5:** *"Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."*
- **Hosea 6:1:** *"Come, let us return to the Lord. He has torn us to pieces but He will heal us; He has injured us but He will bind up our wounds."*
- **Isaiah 38:16-17:** *"Lord, by such things people live; and my spirit finds life in them too. You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In Your love You kept me from the pit of destruction; You have put all my sins behind your back."*
- **Jeremiah 33:6:** *"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security."*
- **1 Corinthians 10:13:** *"No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it."*
- **Psalms 107:19-21:** *"Then they cried to the Lord in their trouble, and He saved them from their distress. He sent out his word and healed them; He rescued them from the grave. Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind."*
- **Exodus 15:26:** *"He said, 'If you listen carefully to the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'"*
- **Psalms 91:15-16:** *"He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. With long life I will satisfy him and show him my salvation."*
- **James 5:14-15:** *"Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven."*
- **Isaiah 41:10:** *"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."*
- **Revelations 21:4:** *"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."*
- **Matthew 11:28-30:** *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*
- **Jeremiah 17:14:** *"Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise."*
- **Malachi 4:2:** *"But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves."*

- **Isaiah 53:4-5:** *“Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”*
- **2 Chronicles 7:14-15:** *“if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place.”*
- **Psalms 23:4:** *“Even though I walk through the darkest valley, I will fear no evil, for You are with me; your rod and your staff, they comfort me.”*
- **Psalms 73:26:** *“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”*
- **James 5:16:** *“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”*
- **Philippians 4:19:** *“And my God will meet all your needs according to the riches of His glory in Christ Jesus.”*
- **Proverbs 4:20-22:** *“My son, pay attention to what I say; turn your ear to My words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body.”*
- **Psalms 146:8:** *“the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.”*
- **Exodus 23:25:** *“Worship the Lord your God, and His blessing will be on your food and water. I will take away sickness from among you,”*
- **1 Peter 2:24:** *“He Himself bore our sins’ in His body on the cross, so that we might die to sins and live for righteousness; ‘by His wounds you have been healed.’”*
- **Isaiah 40:29:** *“He gives strength to the weary and increases the power of the weak.”*
- **Psalms 147:3:** *“He heals the broken-hearted and binds up their wounds.”*
- **Psalms 30:2:** *“Lord my God, I called to You for help, and You healed me.”*
- **Psalms 91:9-14:** *“If you say, ‘The Lord is my refuge,’ and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For He will command His angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent. “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges My name.”*
- **Psalms 41:3:** *“The Lord sustains them on their sickbed and restores them from their bed of illness.”*
- **Mark 5:34:** *“He said to her, ‘Daughter, your faith has healed you. Go in peace and be freed from your suffering.’”*
- **Psalms 146:8:** *“The Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.”*
- **Romans 5:3-5:** *“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”*

Reading the Bible heals you because it reminds you of God’s love and His power to heal the sick. Whether physical, mental, or emotional, God can heal your illnesses. When you feel weak, these Bible verses may help you find the comfort and strength you need.