



Praying the Scripture through Sickness and Pain

During particularly challenging moments, it can be hard to find the words to pray. Because the Word of God is always true and relevant, praying through Scripture can be an effective way to begin a conversation with the Lord. Here are a few to get you started:

Scripture Location	Scripture Passage	Pray this Scripture
1 Peter 2:21-24	For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: Who did no sin, neither was guile found in his mouth: Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously: Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.	<i>Jesus, when my own sin threatened me with eternal death, You took the punishment that rightfully belonged to me and gave me Your healing in exchange. Thank You for the great promise that in You, I have access to healing. I receive Your healing for my mind, body, and soul.</i>
Jeremiah 17:14	Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise.	<i>Lord, I praise You because You have the final say in my life. If You choose to heal me, I will be healed, and there is no diagnosis that can change that. So, I come into agreement, now, with Your will for my life.</i>
Isaiah 53:5	Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.	<i>Thank You, Jesus, for paying such a high price for my healing. I can't imagine where I might be today, if not for Your great grace. Please help me to value the health and strength that I have and to never take them for granted.</i>
Psalms 103:1-5	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 forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.	<i>In this moment, Lord, I choose to remember all that You have done for me, things I am aware of, things You never allowed me to have to know about, and things You did for me before I was even born. Thank You, also, for the things You are doing right now that I will come to understand later. Please help me to always give You the praise You deserve and to never forget all You have done for me.</i>

James 5:13-16	Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.	<i>Lord, thank You for those people You have called to pray for me. Thank You for every time someone I don't even know covers me in prayer. Please help me to reach out to other likeminded believers to stand in agreement with me with the confidence that You are at work in them. Bless them, I pray, for their obedience. Help me, even as I need prayer, to pray for others who need Your healing touch.</i>
Proverbs 17:22	A merry heart doeth good like a medicine: but a broken spirit drieth the bones.	<i>Jesus, please give me the kind of attitude that will reflect Your love, strengthen me, and bless those around me.</i>
Proverbs 4:20-22	My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.	<i>Father, I pray for wisdom in my decisions about my health care. Show me the path You want me to take, allow me to follow Your lead right into wholeness, and then be glorified in my choices.</i>
Psalms 6:2	Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.	<i>Lord Jesus, I am having a difficult day, and I need relief, Please extend Your hand of mercy and touch me.</i>
Proverbs 3:5-8	Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.	<i>Lord, You are faithful and good and I trust You with every part of my life. Please grant me wisdom and guide my steps so that I can fully live the life You ordained for me. I know that wickedness can break a person down, but Lord, I choose to follow You and I trust You for the wholeness You said I could have.</i>
Psalms 107:20	He sent his word, and healed them, and delivered them from their destructions.	<i>Lord, You are the God of creation. When You spoke in the beginning, the entire universe obeyed Your voice. If you speak to my body, I believe that wholeness and healing will be my portion.</i>
Malachi 4:2	But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.	<i>Lord, I honor Your name and I thank You for hiding me beneath Your wings. I receive healing and strength in Jesus' name.</i>

<p>Isaiah 40:29-31</p>	<p>He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.</p>	<p><i>Father, Your timing is always perfect, and as I await Your perfect will to be done in my life, I pray that You will grant me patience and grace in the meantime. Please strengthen me to continually rise above my circumstances and glorify Your great name.</i></p>
<p>2 Corinthians 12:8-9</p>	<p>For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.</p>	<p><i>Lord, I know that You are able to heal me, so if You choose not to do so, I trust Your plan. Help me to lean on Your sufficient grace that will see me through each challenging moment, and to always celebrate Your faithfulness to bless and empower me, symptoms and all.</i></p>
<p><i>Feel free to add your own!</i></p>		

*Now therefore stand and see this great thing, which the LORD will do before your eyes.
1 Samuel 12:16*