

## You are the Lord my Healer

Praise the Lord, o my soul, and forget not all His benefits; who forgives all my sins and heals all my diseases. Who redeems my life from the pit, and crowns me with love and compassion.<sup>30</sup>

Lord I am waiting for You, who renews my strength; I will soar like an eagle, I will run and not grow weary, I will walk and not be faint.<sup>31</sup>

Surely You took up my infirmities and carried my sorrows, yet we considered You stricken by God, smitten by Him and afflicted. But You were pierced for my transgressions. You were crushed for my iniquities; the punishment that brought me peace was upon You, and by your wounds I am healed.<sup>32</sup>

I cast all my anxieties and problems on You because You care for me.<sup>33</sup>

You Lord are my healer.<sup>34</sup>

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### Scripture References

<sup>1</sup>1Corinthians 15:57; <sup>2</sup>Ephesians 6:11-18; <sup>3</sup>Psalms 118:8; <sup>4</sup>Ephesians 6:14; <sup>5</sup>John 8:44; <sup>6</sup>Ephesians 5:11; <sup>7</sup>Ephesians 6:14; <sup>8</sup>Romans 3:22; <sup>9</sup>Galatians 2:16; <sup>10</sup>Ephesians 6:15; <sup>11</sup>Ephesians 6:16; <sup>12</sup>Ephesians 6:17; <sup>13</sup>1 Thessalonians 5:8; <sup>14</sup>Jeremiah 29:11; <sup>15</sup>Ephesians 6:17; <sup>16</sup>2 Corinthians 10:4-5; <sup>17</sup>Ephesians 6:18; <sup>18</sup>Romans 8:37; <sup>19</sup>1 Corinthians 6:19; <sup>20</sup>Ephesians 1:7; <sup>21</sup>Psalms 107:2; <sup>22</sup>1 John 1:7; <sup>23</sup>Hebrews 13:12; <sup>24</sup>Romans 6:13; <sup>25</sup>Romans 8:33-34; <sup>26</sup>Revelation 12:11; <sup>27</sup>1 Corinthians 6:13; <sup>28</sup>Matthew 11:28-30; <sup>29</sup>Ephesians 4:31; <sup>30</sup>Ephesians 6:12; <sup>31</sup>Romans 12:19; <sup>32</sup>Romans 12:1; <sup>33</sup>Nehemiah 9:17; <sup>34</sup>Psalms 103:2-4; <sup>35</sup>Isaiah 40:31; <sup>36</sup>Isaiah 53:4-5; <sup>37</sup>1 Peter 5:7; <sup>38</sup>Exodus 15:26.

## Prayers and Proclamations

### Psalm 55:16 -17

<sup>16</sup>As for me, I will call upon God, And the LORD shall save me.

<sup>17</sup>Evening and morning and at noon I will pray, and cry aloud.

### Job 22:27 & 28

<sup>27</sup>You will make your prayer to Him, He will hear you, And you will pay your vows. <sup>28</sup>You will also declare a thing, And it will be established for you; So light will shine on your ways.

## The Power and Dynamics of Scripture Based Prayers

When you speak God's Word over your own life, you speak and release into your own life-space the truth that God has already spoken. You release the **power of Scripture!**

- By **proclaiming** in such a way, you **honour God...by believing Him and responding** with action to His truths.
- You strengthen your own life by **overwriting negative scripts** that have driven your life for years. What a simple antidote to destructive negativity!
- Proclaiming scripture helps us understand **what God has promised us** through Jesus Christ.
- Such prayer is **part of the exercise of your royal priesthood**, on your own behalf and that of family, friends, and all that concerns you.
- It brings you to a **place of synergy: agreement with God**. You come to that place where God's Word will not return to Him void.

There is great power in this sort of prayer, because we are not just making requests to God, we are actively working with Him to implement His will in given situations.

## **The Weapons of Our Warfare**

Thanks be to God. He gives us the victory through our Lord Jesus.<sup>1</sup>

I put on the full armour of God so that I can take my stand against the devil's schemes.

My struggle is not against flesh and blood but against the rulers, the authorities, the powers of this dark world and against the spiritual forces of evil in the heavenly realms.<sup>2</sup>

It is better to take refuge in the Lord than to trust in man.<sup>3</sup> I stand firm with the belt of truth buckled around my waist<sup>4</sup> for the devil is a liar and the father of lies.<sup>5</sup> I put on the breastplate of righteousness.<sup>6</sup>

Through my faith in Jesus Christ I am made righteous before God.<sup>7</sup>

My feet are fitted with the readiness that comes with the gospel of peace.<sup>8</sup> With my shield of faith I can extinguish all the flaming arrows of the evil one.<sup>9</sup>

I protect my mind and thoughts with the helmet of salvation,<sup>10</sup> for I know the plans God has for me, plans to prosper me, plans to give me hope and a future.<sup>11</sup>

The sword of the Spirit, God's Word,<sup>12</sup> is my weapon. With it I demolish every stronghold, argument or pretention that sets itself up against the knowledge of God.<sup>13</sup> I pray with all prayers and supplication in the Spirit on all occasions, keeping alert with strong purpose and perseverance for all saints.<sup>14</sup>

In God I am more than a conqueror.<sup>15</sup>

## **Proclamation for Overcomers**

My body is a temple for the Holy Spirit,<sup>16</sup> redeemed,<sup>17</sup> cleansed,<sup>18</sup> and sanctified by the blood of Jesus.<sup>19</sup>

My members, the parts of my body, are instruments of righteousness,<sup>20</sup> yielded to God for His service and for His glory.

The devil has no place in me, no power over me, no unsettled claims against me. All has been settled by the blood of Jesus.<sup>21</sup>

I overcome satan by the blood of the Lamb and by the word of my testimony, and I love not my life unto the death.<sup>22</sup>

My body is for the Lord and the Lord is for my body.<sup>23</sup>  
Amen.

## **Forgiveness**

Father I come to you, for I am weary and burdened; people have hurt me but I learn from You, for You are gentle and humble in heart.<sup>24</sup>

I will not allow bitterness to appear in my heart, but shall get rid of all disappointment, rage, anger and negativity.<sup>25</sup>

For my struggle is not against flesh and blood, but against the rulers in the heavenly realms.<sup>26</sup>

I choose to not take revenge, for it is Yours to avenge and You will repay.<sup>27</sup>

Therefore I forgive those who curse me and bless them.<sup>28</sup> You are a forgiving God, gracious and compassionate, slow to anger and abounding in love.<sup>29</sup> That is why I learn from You and will find rest for my soul.<sup>24</sup>