

YEAR OF PRAYER  
FEBRUARY

## PHYSICAL HEALING

HEALING

### PRAYER FOCUS

Physical sickness and diseases call for a fresh level of trust with each occurrence. From a cold to fever to the flu to cancer, we must trust that God is in control. He has a plan, and He does all things well. Whether it's a runny nose or a fever in a loved one—He is the healer. His promises do not change from instance to instance, but His Word remains true and faithful. Trust—assured reliance on the ability and promise of God—means praying, asking for your miracle, and then waiting on God. You don't know when or how it will happen, but you simply trust God.

### PRAYER POINTS

- ♦ Ask God to show you His will in the sickness, and to accept His plan. God knows all things and has perfect timing. Sometimes, we must simply wait on Him.
- ♦ Commit your life—not just your sickness—to God with a fresh commitment that accepts His direction, His Word, His promises, and His way.
- ♦ Ask God for peace as you trust Him for His healing touch.
- ♦ Tell the Lord of the healing you hope to see. He is powerful and He is still your Healer. Saying it out loud will strengthen your faith and hope.
- ♦ Seek God in what you can learn in this experience. He often uses life experiences to teach us vital lessons we can learn no other way. Be willing to listen and learn.

### SCRIPTURES

Psalms 56:34; 145:18; Isaiah 26:3; 43:2; Jeremiah 17:7; Matthew 9:20-22, 27-30; Mark 9:23-24; 11:22-24; John 10:36-38; 14:1

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## FORGIVING OTHERS

HEALING

### PRAYER FOCUS

We've all been wronged and felt a desire at some point to get even. We fail to remember that no one is perfect, including ourselves. Anger can turn to bitterness, and bitterness to hatred and revenge. Bitterness becomes a poison to our soul, causing us to sin and fall out of alignment with God and His blessings. God expects us to forgive others as He forgives us, even when it's hard. Restitution, where possible, is also a part of that forgiveness. If we don't forgive others scripture tells us that God will not forgive us. No offense is worth losing our soul over.

It's guaranteed that we will be offended in life, but how we respond makes all the difference.

### PRAYER POINTS

- ♦ Ask for forgiveness for any bitterness or hatred that you've held in your heart. Ask Him to examine your heart and reveal any hidden anger against others.
- ♦ Ask God to remind you that no one is perfect.
- ♦ Pray for strength to relinquish your right to get even. Let God be your avenger.
- ♦ Ask God how you can replace the evil done to you with good. Release your offender by repaying them with kindness.
- ♦ Ask Him to help you refocus on things that are important and not to dwell on the problem you have with your offender.
- ♦ Pray for those who have offended you.

### SCRIPTURES

Matthew 5:44; 6:15; 18:21-22, Ephesians 4:31-32, Galatians 6:1, Ecclesiastes 7:20, Romans 12:19a, Psalm 66:18, Hebrews 12:15



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## EMOTIONAL HEALING

HEALING

### PRAYER FOCUS

Emotional wounds can often lead to physical and spiritual wounds. Sometimes when we hurt, a natural reaction is to hurt others. Emotional hurt can drain health from the body causing weakness that we may not even recognize. Emotional healing is essential to avoid a wounded spirit and to allow the glory of God to shine through us. When emotional wounds are ignored or covered, they begin to fester, resulting ultimately in spiritual weakness or strongholds of the mind. We must be open and honest with God regarding our emotions. God can only bring healing when we allow Him to speak truth into our lives and restore us to our proper identity in Him.

### PRAYER POINTS

- ♦ Ask God to help you stop talking negatively. Speak positive words, and think on good things. Don't rehearse words in your mind that God would not speak to you.
- ♦ Bring any fears and anxiety you have to God. Ask Him to help you be aware when your mind entertains these things and help you release them to Him.
- ♦ Repent for any bitterness or unforgiveness you have against another. Bitterness can cause anger, anxiety and even physical health issues.
- ♦ Pray for understanding of how to deal with your anger. He will guide you when you listen.
- ♦ Ask God to help you let go of past events that have left scars on your life. Don't hide the wounds, but ask Him to heal them.

### SCRIPTURES

Isaiah 53:5; James 5:16; Philippians 4:8; Ephesians 4:6

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## SPIRITUAL HEALING

HEALING

### PRAYER FOCUS

The heart and compassion of God is revealed through spiritual healing. Restoration and reconciliation of the total man is God's desire and design. Healing reveals that God is near to His people and He cares about their sufferings.

We have been given an invitation to experience the grace of God on an intimate level. Spiritual healing beckons the child of God to acknowledge that He is Lord and Creator and that we should have a heart of thanksgiving. We are drawn to Jesus Christ with love and adoration in response to His redemptive work that He has accomplished in us. God's will is for us to be whole individuals.

### PRAYER POINTS

- ♦ Let my heart be in alignment with the holy nature of God.
- ♦ God, help me recognize change and transformation are at my disposal as I recognize Your complete provision.
- ♦ Lord, I thank You because I know that You will hear me and extend grace and mercy when I cry out to you through brokenness, humility, and repentance.
- ♦ Lord, let my trust in You stand firm when discouragement and disillusionment cloud my understanding of how You choose to operate in my life.
- ♦ Lord, help me to learn how to cast my cares on You and experience an abundant life.
- ♦ Lord, help us as a people to know that spiritual healing is for our community and country..

### SCRIPTURES

Psalm 34:18; Hebrews 4:15-16; Jeremiah 29:11-13; John 10:10