

Fifty Days of

Healing



By Rose Murdock

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Visit www.bibleseed.com or RosemaryMurdock.blogspot.com

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Your Healing Path

Take a journey through the Bible and look at 50 passages of Scripture regarding healing. We begin in the Old Testament to see what the Lord said and did regarding the healing of His people—when it was provided and when it wasn't. Then we move on to the New Testament where we see the Gospel of Jesus Christ accompanied by healings and the message those healings brought, especially in light of what was learned under the Old Covenant.

By choosing one Scripture a day to meditate on, you can do as Jesus said and “let these words sink into your ears...” (Luke 9:44). This allows His Word to enlighten your heart with truth which sets you free! (John 8:31-32). Please don't become discouraged by some of the Scriptures which talk about the tough times of affliction God's people sometimes go through. Learn from these Scriptures and move through this booklet seeking to uncover God's healing path for you!

After each daily reading, stop and pray. Take the time to meditate on each Scripture and the points to ponder. Don't rush through! Ask the Holy Spirit to teach you from this Scripture. Highlight the things He points out or emphasizes to you. Jot them down. Re-read it several times and meditate on what He shows you throughout the day. Do this for each day.

Rose Murdock

Beloved, I pray that in all respects
you may prosper and be in good health,
just as your soul prospers.

3 John 2

Day 1

The Proving of Your Faith

³The LORD said to Satan, "Have you considered My servant Job? For there is no one like him on the earth, a blameless and upright man fearing God and turning away from evil. And he still holds fast his integrity, although you incited Me against him to ruin him without cause." ⁴Satan answered the LORD and said, "Skin for skin! Yes, all that a man has he will give for his life. ⁵However, put forth Your hand now, and touch his bone and his flesh; he will curse You to Your face." ⁶So the LORD said to Satan, "Behold, he is in your power, only spare his life." ⁷Then Satan went out from the presence of the LORD and smote Job with sore boils from the sole of his foot to the crown of his head.

Job 2:3-7

The Lord said Job was a blameless and upright man who feared God and turned from evil. Yet, Satan accused him of being upright only because of God's blessing and favor. Since God is light and truth, He doesn't cower from Satan's accusations. Instead, He proves him wrong. In this case, Job's faithfulness was on trial. His faithfulness to God in bad times, and not just good, was being tested and examined. Was God really right when He said Job was blameless and upright? It would soon be revealed. God gave a limitation to what Satan could do to him. He said to spare his life.

God is proud of His children, as a heavenly daddy His love for His children is pure and life-giving. Yet the accuser of the brethren stands before our God day and night making accusations (Rev. 12:10-11). Peter tells us our adversary, the devil, walks around as a roaring lion seeking someone to devour, but to resist him firm in the faith (1Peter 5:8-9). He's not just after your body, but your spirit and soul. Your faith in God is what he wants to devour. He'll throw something your way and then whisper in your ear how awful God is because this happened, trying to get you to accuse God yourself instead of trusting in Him. These are times our faith is tested.

During these times our trust in the Lord will be proven to be more than words of praise when all is well and we are comfortable. Our faith is tried, tested, and proven to be genuine when we hold fast to the Lord no matter what happens. The proof of your faith is more precious than gold. It's tested by fire, to result in praise, glory, and honor at the revelation of Jesus Christ (1Peter 1:7). Job said, "Shall we indeed accept good from God and not accept adversity?" (vs. 10). Did he know that God didn't initiate this sickness? Even if he did, he realized that if we only allow Him to bless us then He is not really our God. Was Job perfect? No, and the Lord addressed his issues in the end, but he learned, and all was restored.

Praise and worship the Lord through every tough thing that comes against you. Remain faithful, so your faith in Him will be proven to be the real thing, and God can brag on you as a loving daddy does.

See also my blogs at RosemaryMurdock.blogspot.com *Job and the Whirlwind April 12, 2020* and *The Cause of Job's Troubles July 4, 2021*

Further reading: James 1:1-17

Day 2

Receiving Your Sonship Position

- ¹⁷ “Behold, how happy is the man whom God reproves,
So do not despise the discipline of the Almighty.
¹⁸ “For He inflicts pain, and gives relief;
He wounds, and His hands *also* heal.
¹⁹ “From six troubles He will deliver you,
Even in seven evil will not touch you.
²⁰ “In famine He will redeem you from death,
And in war from the power of the sword.
²¹ “You will be hidden from the scourge of the tongue,
And you will not be afraid of violence when it comes.
²² “You will laugh at violence and famine,
And you will not be afraid of wild beasts.
²³ “For you will be in league with the stones of the field,
And the beasts of the field will be at peace with you.
²⁴ “You will know that your tent is secure,
For you will visit your abode and fear no loss.
²⁵ “You will know also that your descendants will be many,
And your offspring as the grass of the earth.
²⁶ “You will come to the grave in full vigor,
Like the stacking of grain in its season.

Job 5:17-26

Happiness is God's correction--His reproof and discipline. When we receive His discipline, we accept our position as His sons and daughters. If He were to let us continue on a path that leads to our destruction, that would indicate we are not one of His. Thank God for correction when its necessary. There may be some pain and wounding involved, but God gives relief and healing from it. Is God abusive? No! For what father would not stop his child from walking into danger? What father would not rescue his child from evil, even if it caused pain or wounding in the process? Yet, once delivered He gives relief and healing. God is good, and so are His gifts. His correction towards you is evidence that you are His child, and as His child, His promises are yours.

These times of discipline, correction, and pruning that occur are for our own good--for us to share in His holiness, to bring us into righteousness and spiritual healing which is far more valuable than physical healing. It's so we can bear eternal fruit. (See Hebrews 12:4-13, John 15:2). This is of top priority. There may be debate about whether God inflicts sickness or just allows it to occur, but look around, it's already here in the earth. The devil walks around looking for opportunity to kill, steal, and destroy. (1 Peter 5:8). Jesus said each day has enough trouble of its own (Matthew 6:34). When troubling times come, including sickness, our heavenly Father can use these times to draw us closer to Him as we turn towards Him rather than siding with the accuser. Ask Him if there is anything in your life that needs correction-- that needs to come into alignment with Him, and meditate on His promises and His love.

Further reading: Hebrews 12:4-6, Genesis 50:20

Day 3

God's Prescription

²² Then Moses led Israel from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness and found no water. ²³ When they came to Marah, they could not drink the waters of Marah, for they were bitter; therefore it was named Marah. ²⁴ So the people grumbled at Moses, saying, "What shall we drink?" ²⁵ Then he cried out to the LORD, and the LORD showed him a tree; and he threw *it* into the waters, and the waters became sweet.

There He made for them a statute and regulation, and there He tested them. ²⁶ And He said, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer." ²⁷ Then they came to Elim where there were twelve springs of water and seventy date palms, and they camped there beside the waters.

Exodus 15:22-27

The Lord sent Moses to free Israel from slavery in Egypt. They escaped from Pharaoh, who was pursuing them, through the Red Sea, and rejoiced on the shore for God's miraculous deliverance. Then, just three days into the wilderness, they had no water. They found bitter waters which they couldn't drink. They grumbled and Moses cried out to the Lord. The Lord showed him a tree and he put it in the waters. They became sweet. God miraculously used the tree to purify the water, and then made some regulations concerning His provision and healing. The Israelites were completely dependent on God now, no longer in the familiarity of Egypt, as difficult as that was. Yet they were in covenant with Him. They were still under the covenant God had made with Abraham—the Old Covenant. This is why God sent Moses to deliver them (Exodus 2:24). Yet a covenant goes both ways. Would they be a people who trusted Him? Who listened for His commands, instructions, and statutes, or not? They were called to be His people, and for them to experience the (sometimes) supernatural provision which would keep them from disease, then they would have to prove they were His people—that they would give earnest heed to His voice and do what is right in His sight. Remember, the accuser is constantly accusing and challenging God's people as he did with Job. They could not be a people who broke covenant with Him, and yet expect Him to uphold it.

So, the Lord gave them a law and tested them. He made a statute and regulation regarding healing. If they would give earnest heed to the voice of the Lord their God, do what is right in His sight, give ear to His commandments, and keep all His statutes, then He would put none of the diseases on them that He did the Egyptians for ***He is their healer!*** Ultimately, the power of disease or health would rest with obeying the Lord's commands. He had put diseases on their captors, when they had refused to let them go, yet He protected them, and was now showing them how to live free from disease. He did not withhold healing, but He did make a law concerning it. As valid as the law of gravity, if they would listen to Him and keep His commands they would be healed.

After this, He brought them to Elim which had twelve springs and seventy date palms. He had their attention when they were faced with death, and gave them a law to learn and keep for life. He promised healing and then led them into abundant provision. Through deliverance and provision, He proved that He is capable of keeping them healthy as well.

Day 3

Points to Ponder

- When faced with death at Marah, Moses cried out to the Lord who showed him the answer—a tree—which miraculously purified the water.
- Health is often connected to what we consume. Rejecting God’s provision, as well as His commands, may lead to sickness or other undesirable consequences (Like Adam and Eve’s sin in the garden, Genesis 3).
- At Marah, the Lord made a statute and regulation for His people concerning healing—conditions under which sickness would be prevented and they would maintain health.
- A statute is something prescribed or owed. It’s the Hebrew word Choq. Regulation means judgement or justice. It’s the Hebrew word Mishpat. ¹The Lord prescribed justice for them, establishing a law with consequence. (*¹Strongs Concordance of the Bible. Retrieved from Biblehub.com July 2, 2016*).
- The law, and the test, was that if they kept His commandments none of the diseases of the Egyptians would come on them. This was their opportunity to partner with Him by keeping His commands, showing that they willingly chose to live according to His ways, and that He was, in fact, their God.
- He said He is their healer, and after this, brought them to a place of provision.

God remembered His covenant with Israel and brought them out of slavery. As they began this new journey of freedom together, He revealed how they could live free from disease—by listening to His commandments and keeping His statutes.

Day 4

Remember

⁴Then they set out from Mount Hor by the way of the Red Sea, to go around the land of Edom; and the people became impatient because of the journey.⁵The people spoke against God and Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we loathe this miserable food.”

⁶The LORD sent fiery serpents among the people and they bit the people, so that many people of Israel died.⁷So the people came to Moses and said, “We have sinned, because we have spoken against the LORD and you; intercede with the LORD, that He may remove the serpents from us.” And Moses interceded for the people.⁸Then the LORD said to Moses, “Make a fiery *serpent*, and set it on a standard; and it shall come about, that everyone who is bitten, when he looks at it, he will live.”⁹And Moses made a bronze serpent and set it on the standard; and it came about, that if a serpent bit any man, when he looked to the bronze serpent, he lived.

Numbers 21:4-9

The Israelites became impatient and grumbled so the Lord sent fiery serpents who bit them. Many of them died. At this point in their journey from Egypt to the Promised Land, Israel had sinned a lot—complaints, unbelief, impatience, despising God’s provision, and wanting to go back to Egypt had become far too common. They seemed to have a blatant disregard for God’s purpose for them and His covenant with them. These serpents were like a manifestation of their condition. An example of what their heart attitude and words were doing to them—poisoning them.

After the serpents came, the people came to Moses, repenting and asking for his intercession. The Lord told Moses to make a fiery serpent and set it up on a pole so whoever was bit could look at it and live. (This bronze serpent Moses made became an idol later on and had to be torn down by Hezekiah in 2 Kings 18:4). It’s interesting that the Lord didn’t remove the serpents, but instead provided healing from their bite. Their request was that He remove them, but He didn’t. Did they need a reminder to stay in the way of the Lord? The bronze serpent on the pole certainly was a constant reminder to them of who their healer was, as well as what brought the serpents in the first place. At Marah they had learned how to prevent sickness. Here God gave them a way to be healed from the poison of the snake. If they messed up in keeping sickness out of their midst, there was still a way for healing to occur. God is merciful.

Sin wounds. Whether it’s the sin we commit, or the sin of others which has affected us. Yet God heals these wounds of sin. Of course, we repent of our own sin, and we forgive others of their sin, but the wounds must be healed, so neither guilt nor resentment will stay with us, actively working against us. It’s not unusual in these passages of Scripture to see sin associated with the need for healing.

What a symbol this bronze serpent was which points to the New Covenant of today. We have Jesus whom we can look to for both healing and forgiveness. He too was set up on high, first on a cross and then risen from the dead, so we may look to Him and be healed!

Further reading: John 12:32, Acts 1:9, James 5:14-16

Day 5

Prolong Your Days of Blessing

³⁶“For the Lord will vindicate His people, and will have compassion on His servants, when He sees that their strength is gone, and there is none remaining, bond or free. ³⁷“And He will say, “Where are their gods, the rock in which they sought refuge? ³⁸“Who ate the fat of their sacrifices, and drank the wine of their drink offering? Let them rise up and help you, Let them be your hiding place! ³⁹“See now that I, I am He, and there is no god besides Me; It is I who put to death and give life. I have wounded and it is I who heal, and there is no one who can deliver from My hand.

Deuteronomy 32:36-39
a portion of the song of Moses

⁴⁵When Moses had finished speaking all these words to all Israel, ⁴⁶he said to them, “Take to your heart all the words with which I am warning you today, which you shall command your sons to observe carefully, *even* all the words of this law. ⁴⁷For it is not an idle word for you; indeed it is your life. And by this word you will prolong your days in the land, which you are about to cross the Jordan to possess.”

Deuteronomy 32:45-47

The song of Moses was more than just a song; it was given to teach the Israelites to remember the Lord and His ways. It was important enough for the Lord to put it to song so they would write it down and pass it on to their children. (Deuteronomy 31:19). The song speaks of the Lord’s jealousy for His people Israel, who had forsaken Him for other gods. He said they would slip in due time, and the rock in which they sought refuge would not be able to help them. He calls for them to see that there is no other god besides Him. No one can deliver out of His hand. There is no such thing as a god who could defeat Him. This isn’t arrogance, it’s truth. He holds the power of life and death, wounding and healing. With justice He takes vengeance on His adversaries. He will atone for His land and His people.

After Moses gave the song, he exhorted the people to take His Word to heart and teach them to their children so their days in the Promised Land—the days of His blessing and provision—would be prolonged. A life of blessing, not only for them, but for their children, would be found in obeying God’s commands, and keeping His covenant.

Day 6

Honor His Presence

³When the people came into the camp, the elders of Israel said, “Why has the LORD defeated us today before the Philistines? Let us take to ourselves from Shiloh the ark of the covenant of the LORD, that it may come among us and deliver us from the power of our enemies.” ...¹⁰So the Philistines fought and Israel was defeated, and every man fled to his tent; and the slaughter was very great, for there fell of Israel thirty thousand foot soldiers. ¹¹And the ark of God was taken; and the two sons of Eli, Hophni and Phinehas, died.

1 Samuel 4:3, 10-11

Under the Old Covenant, the ark of the covenant housed the presence of God. The Israelites took it with them into battle after they were defeated by the Philistines. The Philistines captured it and put it next to their idol dagon. Not only did dagon fall and break, but anywhere the ark went among the Philistines, people broke out in tumors or died. The Lord would not live among the Philistines, but with His people, Israel, whom He had covenanted with. The Philistines finally asked their priests and diviners how to return the ark, who told them to send it back to Israel with a guilt offering on a cart with two cows. When the Israelites saw it coming, they were glad and gave sacrifices and burnt offerings to the Lord.

We might ask ourselves how we treat the presence of the Lord in our midst. When things don't go well in battle, do we ask Him why, search out the Scriptures, find His solution, or do we just bring Him into battle with us and expect Him to fight for us? Is He counted as an idol to us? A trophy, like the ark was to the Philistines?

When we properly value the presence of God in our lives, our fellowship with Him brings joy, peace, life, healing, and blessing. Yet, in the midst of those who don't know Him, who place Him next to their false idols and good luck charms, He will not fit in. He will not adapt to sinful ways. He will not be counted as equal to a false “god.”

Once we resume fellowship with Him, will we honor His presence and put Him in His rightful place of honor? Many Israelites were killed when the ark was returned because they looked into the ark, which they were not supposed to do (1 Samuel 6:19, Exodus 19:21), and one was killed again the first time David tried to return the ark to Jerusalem without following the proper instructions (2 Samuel 6:6-7). How much do we bring upon ourselves by not knowing Him, His Word, or honoring His presence among us?

Day 7

Humble Obedience to the Word of the Lord

¹ Now Naaman, captain of the army of the king of Aram, was a great man with his master, and highly respected, because by him the LORD had given victory to Aram. The man was also a valiant warrior, *but he was* a leper. ² Now the Arameans had gone out in bands and had taken captive a little girl from the land of Israel; and she waited on Naaman's wife. ³ She said to her mistress, "I wish that my master were with the prophet who is in Samaria! Then he would cure him of his leprosy." ⁴ Naaman went in and told his master, saying, "Thus and thus spoke the girl who is from the land of Israel." ⁵ Then the king of Aram said, "Go now, and I will send a letter to the king of Israel." He departed and took with him ten talents of silver and six thousand *shekels* of gold and ten changes of clothes.

⁶ He brought the letter to the king of Israel, saying, "And now as this letter comes to you, behold, I have sent Naaman my servant to you, that you may cure him of his leprosy." ⁷ When the king of Israel read the letter, he tore his clothes and said, "Am I God, to kill and to make alive, that this man is sending *word* to me to cure a man of his leprosy? But consider now, and see how he is seeking a quarrel against me."

⁸ It happened when Elisha the man of God heard that the king of Israel had torn his clothes, that he sent *word* to the king, saying, "Why have you torn your clothes? Now let him come to me, and he shall know that there is a prophet in Israel." ⁹ So Naaman came with his horses and his chariots and stood at the doorway of the house of Elisha. ¹⁰ Elisha sent a messenger to him, saying, "Go and wash in the Jordan seven times, and your flesh will be restored to you and *you will* be clean." ¹¹ But Naaman was furious and went away and said, "Behold, I thought, 'He will surely come out to me and stand and call on the name of the LORD his God, and wave his hand over the place and cure the leper.' ¹² Are not Abanah and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?" So he turned and went away in a rage. ¹³ Then his servants came near and spoke to him and said, "My father, had the prophet told you *to do some* great thing, would you not have done *it*? How much more *then*, when he says to you, 'Wash, and be clean'?" ¹⁴ So he went down and dipped *himself* seven times in the Jordan, according to the word of the man of God; and his flesh was restored like the flesh of a little child and he was clean.

2 Kings 5:1-14

The prophet Elisha wasn't bothered at all by the fact that Naaman came to Israel to be healed of leprosy. The king knew he couldn't heal him, so he became worried, but Elisha said, "Let him come to me, and he shall know that there is a prophet in Israel." Elisha knew the power of a word from the Lord. He wasn't a healer, God is the Healer, but he, as a prophet, knew he could speak the Word of the Lord. He's just the messenger—the conduit—and as Naaman was obedient to God's Word, the power flowed. We would do well to seek the Word of the Lord, the specific word, just for us, during our times of need.

Day 8

Mercy & Healing

¹³ Now many people were gathered at Jerusalem to celebrate the Feast of Unleavened Bread in the second month, a very large assembly. ¹⁴ They arose and removed the altars which were in Jerusalem; they also removed all the incense altars and cast them into the brook Kidron. ¹⁵ Then they slaughtered the Passover lambs on the fourteenth of the second month. And the priests and Levites were ashamed of themselves, and consecrated themselves and brought burnt offerings to the house of the Lord. ¹⁶ They stood at their stations after their custom, according to the law of Moses the man of God; the priests sprinkled the blood which they received from the hand of the Levites. ¹⁷ For there were many in the assembly who had not consecrated themselves; therefore, the Levites were over the slaughter of the Passover lambs for everyone who was unclean, in order to consecrate them to the Lord. ¹⁸ For a multitude of the people, even many from Ephraim and Manasseh, Issachar and Zebulun, had not purified themselves, yet they ate the Passover otherwise than prescribed. For Hezekiah prayed for them, saying, "May the good Lord pardon ¹⁹ everyone who prepares his heart to seek God, the Lord God of his fathers, though not according to the purification rules of the sanctuary." ²⁰ So the Lord heard Hezekiah and healed the people. ²¹ The sons of Israel present in Jerusalem celebrated the Feast of Unleavened Bread for seven days with great joy, and the Levites and the priests praised the Lord day after day with loud instruments to the Lord. ²² Then Hezekiah spoke encouragingly to all the Levites who showed good insight in the things of the Lord. So they ate for the appointed seven days, sacrificing peace offerings and giving thanks to the Lord God of their fathers.

2 Chronicles 30:13-22

As we've seen, God had given commands for His people to follow and said they would remain in His favor, blessing and health if they followed them. Israel had gotten away from His commands prior to Hezekiah's reign. In the first month of Hezekiah's reign as king, he opened and repaired the doors of the house of the Lord. He restored Israel to God and restored temple worship (2 Chronicles 29). He invited all of Israel to celebrate the Passover which hadn't been done in years, even though God had commanded it as an annual reminder of Him delivering them from slavery in Egypt.

Hezekiah began making things right and reinstated the Passover. However, there were not enough priests to handle all of the offerings so the Levites helped. Many were not purified according to the purification rules, but ate of the Passover anyway. Hezekiah prayed for God to pardon those who had prepared their heart to seek Him, even if they hadn't followed the purification rules. The Lord heard and He healed them.

When the hearts of the people turned back to the Lord, His forgiveness flowed with both mercy and healing. The repentance of their heart was more important to the Lord than the cleansing ritual. Mercy and healing often accompany each other.

See also 2 Chronicles 30:8-9

Day 9

Facing the Wall

¹ In those days Hezekiah became mortally ill. And Isaiah the prophet the son of Amoz came to him and said to him, "Thus says the LORD, 'Set your house in order, for you shall die and not live.'" ² Then he turned his face to the wall and prayed to the LORD, saying, ³ "Remember now, O LORD, I beseech You, how I have walked before You in truth and with a whole heart and have done what is good in Your sight." And Hezekiah wept bitterly. ⁴ Before Isaiah had gone out of the middle court, the word of the LORD came to him, saying, ⁵ "Return and say to Hezekiah the leader of My people, 'Thus says the LORD, the God of your father David, "I have heard your prayer, I have seen your tears; behold, I will heal you. On the third day you shall go up to the house of the LORD. ⁶ I will add fifteen years to your life, and I will deliver you and this city from the hand of the king of Assyria; and I will defend this city for My own sake and for My servant David's sake.'" ⁷ Then Isaiah said, "Take a cake of figs." And they took and laid *it* on the boil, and he recovered.

⁸ Now Hezekiah said to Isaiah, "What will be the sign that the LORD will heal me, and that I shall go up to the house of the LORD the third day?" ⁹ Isaiah said, "This shall be the sign to you from the LORD, that the LORD will do the thing that He has spoken: shall the shadow go forward ten steps or go back ten steps?" ¹⁰ So Hezekiah answered, "It is easy for the shadow to decline ten steps; no, but let the shadow turn backward ten steps." ¹¹ Isaiah the prophet cried to the LORD, and He brought the shadow on the stairway back ten steps by which it had gone down on the stairway of Ahaz.

2 Kings 20:1-11

After the prophet Isaiah told Hezekiah he would not recover from his illness, Hezekiah turned to the Lord immediately, faced the wall and prayed. Before Isaiah even left the middle court, he received word that Hezekiah would have 15 more years. Isaiah returned and told him what to do with the figs to bring about recovery.

Whenever a bad report is received, in this case even from a prophet of God, turn your face to the wall and seek God. In fact, it's a good idea to do that on a regular basis. Shut everything and everyone else out and seek the Lord. When Hezekiah did this, he was immediately given 15 more years to live.

Of course, right after this, Hezekiah was foolish and showed his treasures to the king of Babylon's son which eventually resulted in Israel being captured by Babylon. (2 Kings 20:12-21). What would have happened if Hezekiah wasn't healed, if he would have died and not showed off his treasures? Would the Israelites have escaped that captivity? His son Manasseh, who ruled after him, was born during that 15-year period and was a very evil king. It was because of Manasseh that the Lord delivered Israel into the hand of their enemies (2 Kings 21).

When we seek the Lord for healing and extended life, it is a good idea to seek Him for the purpose of our extended life as well, and what might be affected by that.

Day 10

Joy Comes

A psalm; a song at the dedication of the house.

A psalm of David

¹ I will extol You, O LORD, for You have lifted me up,
And have not let my enemies rejoice over me.
² O LORD my God,
I cried to You for help, and You healed me.
³ O LORD, You have brought up my soul from Sheol;
You have kept me alive, that I would not go down to the pit.
⁴ Sing praise to the LORD, you His godly ones,
And give thanks to His holy name.
⁵ For His anger is but for a moment,
His favor is for a lifetime;
Weeping may last for the night,
But a shout of joy *comes* in the morning.
⁶ Now as for me, I said in my prosperity,
“I will never be moved.”
⁷ O Lord, by Your favor You have made my mountain to stand strong;
You hid Your face, I was dismayed.
⁸ To You, O Lord, I called,
And to the Lord I made supplication:
⁹ “What profit is there in my blood, if I go down to the pit?
Will the dust praise You? Will it declare Your faithfulness?
¹⁰ “Hear, O Lord, and be gracious to me;
O Lord, be my helper.”
¹¹ You have turned for me my mourning into dancing;
You have loosed my sackcloth and girded me with gladness,
¹² That my soul may sing praise to You and not be silent.
O Lord my God, I will give thanks to You forever.

Psalm 30

David praises the Lord for His goodness which He had shown towards him. The Lord had lifted him up, and healed him after David cried out to Him. It could have been, as it appears to be, a physical healing which kept him alive, or possibly a healing from distress in the soul, or both. In either case, David calls for all godly ones to praise the Lord and give thanks to His Name.

Praise springs from the Lord’s healing favor. Praise surrounds the Lord’s acts of healing. The Lord hears our cries for help. He answers and heals. Whatever place you are in, praise Him. Sing praise and give thanks to His Name. David knew His anger was temporary, but His favor eternal. When it appears as if God has turned from you, even for a moment, it is not forever. Those moments will not remain, yet God’s favor will. After a brief night of weeping, the shout of joy comes in the morning.

Day 11

Confess Iniquity

A psalm of David, for a memorial

- ¹ O LORD, rebuke me not in Your wrath, and chasten me not in Your burning anger.
² For Your arrows have sunk deep into me, and Your hand has pressed down on me.
³ There is no soundness in my flesh because of Your indignation;
There is no health in my bones because of my sin.
⁴ For my iniquities are gone over my head; as a heavy burden they weigh too much for me.
⁵ My wounds grow foul *and* fester because of my folly.
⁶ I am bent over and greatly bowed down; I go mourning all day long.
⁷ For my loins are filled with burning, and there is no soundness in my flesh.
⁸ I am benumbed and badly crushed; I groan because of the agitation of my heart.
⁹ Lord, all my desire is before You; and my sighing is not hidden from You.
¹⁰ My heart throbs, my strength fails me; and the light of my eyes, even that has gone from me.
¹¹ My loved ones and my friends stand aloof from my plague; and my kinsmen stand afar off.
¹² Those who seek my life lay snares *for me*; and those who seek to injure me have threatened destruction, and they devise treachery all day long.
¹³ But I, like a deaf man, do not hear; and *I am* like a mute man who does not open his mouth.
¹⁴ Yes, I am like a man who does not hear, and in whose mouth are no arguments.
¹⁵ For I hope in You, O LORD; You will answer, O Lord my God.
¹⁶ For I said, "May they not rejoice over me, *who*, when my foot slips, would magnify themselves against me."
¹⁷ For I am ready to fall, and my sorrow is continually before me.
¹⁸ For I confess my iniquity; I am full of anxiety because of my sin.
¹⁹ But my enemies are vigorous *and* strong, and many are those who hate me wrongfully.
²⁰ And those who repay evil for good, they oppose me, because I follow what is good.
²¹ Do not forsake me, O LORD; O my God, do not be far from me!
²² Make haste to help me, O Lord, my salvation!

Psalm 38

David had no problem admitting that his suffering was due to his sin. Yet he cried out to the Lord for help. In this psalm, he is not trying to justify himself, rather he admits to his sin, his situation, and asks the Lord for help. He says that his enemies oppose him because he follows what is good. So he knows he follows good, yet not perfectly. He knows and admits the reality of his heart. He doesn't get mad at God or try to get His deliverance based on the good he has done. He respects that God is God and is the One who judges righteously. He doesn't fall off into self-pity. He asks for the Lord's help. The trouble in David's life did not cause him to falsely accuse God. It didn't distort his thinking or beliefs, even if it shook him some.

Day 12

Consider the Helpless

For the choir director. A psalm of David.

¹How blessed is he who considers the helpless;
The LORD will deliver him in a day of trouble.
²The LORD will protect him and keep him alive,
And he shall be called blessed upon the earth;
And do not give him over to the desire of his enemies.
³The LORD will sustain him upon his sickbed;
In his illness, You restore him to health.
⁴As for me, I said, "O LORD, be gracious to me;
Heal my soul, for I have sinned against You."
⁵My enemies speak evil against me,
"When will he die, and his name perish?"
⁶And when he comes to see *me*, he speaks falsehood;
His heart gathers wickedness to itself;
When he goes outside, he tells it.
⁷All who hate me whisper together against me;
Against me they devise my hurt, *saying*,
⁸"A wicked thing is poured out upon him,
That when he lies down, he will not rise up again."
⁹Even my close friend in whom I trusted,
Who ate my bread,
Has lifted up his heel against me.
¹⁰But You, O LORD, be gracious to me and raise me up,
That I may repay them.
¹¹By this I know that You are pleased with me,
Because my enemy does not shout in triumph over me.
¹²As for me, You uphold me in my integrity,
And You set me in Your presence forever.
¹³Blessed be the LORD, the God of Israel,
From everlasting to everlasting.
Amen and Amen.

Psalm 41

We don't do anything to earn our salvation for it comes through Jesus Christ by faith and grace. However, there are blessings that come as a result of certain actions we take. In this psalm, David says that the one who considers the helpless will be blessed, delivered by the Lord in day of trouble, protected by Him and kept alive. He will not give him over to the desire of his enemies. He will sustain him upon his sickbed and restore him to health during times of illness. Having the heart of God and, as one example, considering the helpless, not only promotes God and His ways in the earth, but brings great blessing, including healing, along with it.

David says in his case he asked the Lord to heal his soul, for he had sinned against Him. He asked for the Lord to be gracious to him and raise him up. His enemies were speaking against him, and even his close friend turned on him, but God was gracious to him.

Day 13

Bless the Lord!

A psalm of David

¹ Bless the LORD, O my soul,
And all that is within me, *bless* His holy name.

² Bless the LORD, O my soul,
And forget none of His benefits;

³ Who pardons all your iniquities,
Who heals all your diseases;

⁴ Who redeems your life from the pit,
Who crowns you with lovingkindness and compassion;

⁵ Who satisfies your years with good things,
So that your youth is renewed like the eagle.

⁶ The LORD performs righteous deeds
And judgments for all who are oppressed.

⁷ He made known His ways to Moses,
His acts to the sons of Israel.

⁸ The LORD is compassionate and gracious,
Slow to anger and abounding in lovingkindness.

⁹ He will not always strive *with us*,
Nor will He keep *His anger* forever.

¹⁰ He has not dealt with us according to our sins,
Nor rewarded us according to our iniquities.

¹¹ For as high as the heavens are above the earth,
So great is His lovingkindness toward those who fear Him.

¹² As far as the east is from the west,
So far has He removed our transgressions from us.

¹³ Just as a father has compassion on *his* children,
So the LORD has compassion on those who fear Him.

¹⁴ For He Himself knows our frame;
He is mindful that we are *but* dust.

Psalm 103:1-14

Bless the Lord! He pardons **all** of our iniquities and heals **all** of our diseases! He has not dealt with us according to our sins, nor rewarded us according to our iniquities! His lovingkindness is great towards those who fear Him. He's removed our transgressions as far as east is from west! In spite of all the troubles that may come, even as a result of our own doing, or our own sin, God is gracious to those who fear Him. He forgives, He heals, He redeems, He crowns, He satisfies and He renews. We must not forget His mercy, His benefits, or His compassion!

Day 14

Cry Out to the Lord and Thank Him

¹⁷ Fools, because of their rebellious way,
And because of their iniquities, were afflicted.

¹⁸ Their soul abhorred all kinds of food,
And they drew near to the gates of death.

¹⁹ Then they cried out to the LORD in their trouble;
He saved them out of their distresses.

²⁰ He sent His word and healed them,
And delivered *them* from their destructions.

²¹ Let them give thanks to the LORD for His lovingkindness,
And for His wonders to the sons of men!

²² Let them also offer sacrifices of thanksgiving,
And tell of His works with joyful singing.

Psalm 107: 17-22

The Lord delivers in so many ways. The first part of this psalm shows how He redeemed, gathered, delivered, led, satisfied, filled, humbled, brought out, broke apart, shattered, cut, and saved. Here we read that fools were afflicted because of their rebellious way, yet He sent His Word and healed them and delivered them from their destructions when they cried out to Him. The nature of God is to take care of His people, as a Father cares for His children, even if we've been foolish. The Word of God heals and delivers. The Word was sent to heal, and Jesus Himself was the Word of God made flesh—demonstrating the Word and will of God in action! In this psalm, four times it says they cried to the Lord in their trouble (verses 6, 13, 19, 28) and He delivered, saved, or brought them out of their distresses. And four times it says to let them give thanks to the Lord for His lovingkindness and for His wonders to the sons of men (verses 8, 15, 21, 31). When we cry out to Him, He will deliver. May we be sure to respond in thanksgiving to Him!

Day 15

You are Not Forgotten

¹ Praise the LORD!
For it is good to sing praises to our God;
For it is pleasant *and* praise is becoming.
² The LORD builds up Jerusalem;
He gathers the outcasts of Israel.
³ He heals the brokenhearted
And binds up their wounds.
⁴ He counts the number of the stars;
He gives names to all of them.
⁵ Great is our Lord and abundant in strength;
His understanding is infinite.
⁶ The LORD supports the afflicted;
He brings down the wicked to the ground.

Sing to the LORD with thanksgiving;
Sing praises to our God on the lyre,
⁸ Who covers the heavens with clouds,
Who provides rain for the earth,
Who makes grass to grow on the mountains.
⁹ He gives to the beast its food,
And to the young ravens which cry.
¹⁰ He does not delight in the strength of the horse;
He does not take pleasure in the legs of a man.
¹¹ The LORD favors those who fear Him,
Those who wait for His lovingkindness.

Psalm 147:1-11

The Lord heals the broken hearted and the outcast. He cares about His people in every way. He heals hearts, minds, and emotions as well as bodies. He even names the stars—each one unique to Him—how much more does He know each one of us by name? Luke 12:6-7 tells us that even though sparrows are not worth much in the market of man, not one of them is forgotten before God. Yet, we are more valuable than many sparrows. The hairs of your head are all numbered. You are not forgotten by God. He heals both your heart and your wounds.

He is worthy of all of our praises. His creation is glorious. He holds it all together with His Word. He balances it all out. When we seek Him and follow His ways, we step into the dance of creation and His flow of life runs through us. He favors those who fear Him and wait for His lovingkindness. It is good to praise the Lord! Step into His dance and His life-flow!

Day 16

Fear the Lord and Turn From Evil

¹ My son, do not forget my teaching,
But let your heart keep my commandments;
² For length of days and years of life
And peace they will add to you.
³ Do not let kindness and truth leave you;
Bind them around your neck,
Write them on the tablet of your heart.
⁴ So you will find favor and good repute
In the sight of God and man.
⁵ Trust in the LORD with all your heart
And do not lean on your own understanding.
⁶ In all your ways acknowledge Him,
And He will make your paths straight.
⁷ Do not be wise in your own eyes;
Fear the LORD and turn away from evil.
⁸ It will be healing to your body
And refreshment to your bones.

Proverbs 3:1-8

Once again, we see healing able to flow in one who fears the Lord and turns from evil. Our own way of thinking doesn't lead to life and health. There's a way that might seem right to us, (Proverbs 14:12), but ultimately, God's ways are what is going to bring a healing flow. We must not forget His Word. When we keep His commandments in our heart and obey them from the heart, then the days and years of our life will be lengthened, with peace being added to us. *Lord, I don't consider myself wiser than You! I fear You and turn away from all evil! I keep Your Word in my heart. Thank You for length of days, years, peace, and healing and refreshment to my bones!*

Day 17

Pay Attention

²⁰ My son, give attention to my words;
Incline your ear to my sayings.

²¹ Do not let them depart from your sight;
Keep them in the midst of your heart.

²² For they are life to those who find them
And health to all their body.

²³ Watch over your heart with all diligence,
For from it *flow* the springs of life.

Proverbs 4:20-23

A message from a father to son. If we can grow up learning this, we are off to a great start. When we give attention to the words of our heavenly Father, His Word and His sayings, they bring life and health. Fill your attention, your ears, your eyes, and your heart with His Word. We must “find” His Word and saturate our heart with it—with Him—for from our heart flows the springs of life. *Lord, I do not want to take Your Word for granted. I do not want to develop the attitude that just because I’ve heard something before I don’t need to pay close attention again!* There is great depth to the Word of God. It becomes reinforced in your heart the more you attentively listen to it. The Word of God is health to your body! Keep it alive and living in your heart. Don’t neglect it or let it become stagnant—keep it moving and flowing!

Day 18

What the Lord Hates

- ¹² A worthless person, a wicked man,
Is the one who walks with a perverse mouth,
¹³ Who winks with his eyes, who signals with his feet,
Who points with his fingers;
¹⁴ Who *with* perversity in his heart continually devises evil,
Who spreads strife.
¹⁵ Therefore his calamity will come suddenly;
Instantly he will be broken and there will be no healing.
- ¹⁶ There are six things which the LORD hates,
Yes, seven which are an abomination to Him:
¹⁷ Haughty eyes, a lying tongue,
And hands that shed innocent blood,
¹⁸ A heart that devises wicked plans,
Feet that run rapidly to evil,
¹⁹ A false witness *who* utters lies,
And one who spreads strife among brothers.

Proverbs 6:12-19

The wicked man, will have sudden calamity and brokenness with no healing. Can he continually do what God hates and not suffer the consequences of that? He sets himself up for this through his rejection of God's ways. Thank God we can now have His Holy Spirit within us so the desires of our heart are no longer evil. We won't want to do evil if our hearts truly have been washed in the blood of Jesus, made new and filled with love and worship for Him! We see here what the Lord hates. Out of love for Him we sometimes need to consider what He hates as well as what He loves. This helps us get to know Him better and walk a path that is pleasing to Him.

Day 19

A Wise Tongue

There is one who speaks rashly like the thrusts of a sword,
But the tongue of the wise brings healing.

Proverbs 12:18

The one who speaks too hastily speaks words that injure like thrusts of a sword. But the wise don't rush their answer, they are slow to speak. (James 1:19). Their words carry truth. They carry life and healing. The words of the wise don't injure, but heal. We should get around wise people whose words bring healing, and we should endeavor to be this kind of wise person who brings healing to others. Wise words of truth will set us free, even if they sting for a moment.

Day 20

True to the Task

A wicked messenger falls into adversity,
But a faithful envoy *brings* healing.

Proverbs 13:17

This verse speaks of faithfulness as it contrasts faithfulness with wickedness. It shows that we must recognize the value of faithfulness. A wicked person will be distracted and fall into adversity. He will not complete his task. His heart has led him astray. But a faithful messenger stays to the task, keeps the main thing the main thing, and as a result delivers that which brings healing. By purity of heart and faithfulness to the called (sent) task, the mission is accomplished. Let's appreciate the faithful ones that bring us a word of healing, and let's also look past our own need, and be one who is faithful to carry a message of healing to others.

Day 21

Today's Prescription

Pleasant words are a honeycomb,
Sweet to the soul and healing to the bones.

Proverbs 16:24

Not only is honey sweet for tasting, but it has a healing effect on the body. So it seems that healing has so much more to it than the condition of the body. Pleasant words are sweet to the soul and healing to the bones. Words. Pleasant words. Can you imagine a doctor giving a prescription for pleasant words? What if your doctor said to surround yourself only with pleasant words? Partake of pleasant words throughout the day and avoid unpleasant words because they limit the effectiveness of pleasant words. Pleasant words are kind, delightful, beautiful, favor-filled words. They bring healing to the bones and sweeten the soul.

Day 22

Hear and See

⁸ Then I heard the voice of the Lord, saying, "Whom shall I send, and who will go for Us?" Then I said, "Here am I. Send me!" ⁹ He said, "Go, and tell this people:

'Keep on listening, but do not perceive;
Keep on looking, but do not understand.'
¹⁰ "Render the hearts of this people insensitive,
Their ears dull,
And their eyes dim,
Otherwise they might see with their eyes,
Hear with their ears,
Understand with their hearts,
And return and be healed."

Isaiah 6:8-10

The Lord told Isaiah to go tell the people these things because His judgment had to be carried out against them due to their disobedience and rebellion towards Him. Healing wasn't available to them without perception and understanding. They were listening and looking, but not perceiving or understanding. This tells us that if they would:

- Hear, listen and perceive,
- Look, understand with their hearts, and see,
- Repent and turn back to the Lord,
- They would also be healed.

Jesus quoted this verse in Matthew 13:10-17 when He explained to His disciples why He spoke to the crowds in parables. Their hearts had become dull. Their ears scarcely heard. They had closed their eyes. Yet He said the disciple's eyes and ears were blessed because they saw and heard. They even saw and heard what many prophets and righteous men did not.

Day 23

He Responds

¹⁹In that day there will be an altar to the LORD in the midst of the land of Egypt, and a pillar to the LORD near its border. ²⁰It will become a sign and a witness to the LORD of hosts in the land of Egypt; for they will cry to the LORD because of oppressors, and He will send them a Savior and a Champion, and He will deliver them. ²¹Thus the LORD will make Himself known to Egypt, and the Egyptians will know the LORD in that day. They will even worship with sacrifice and offering, and will make a vow to the LORD and perform it. ²²The LORD will strike Egypt, striking but healing; so they will return to the LORD, and He will respond to them and will heal them.

Isaiah 19:19-22

Isaiah prophesied that at some point, Egypt would worship the Lord. They would cry out to Him and He would send a Savior and Champion to deliver them. He would make Himself known to Egypt and they would worship Him. He said the Lord would strike them—striking but healing. He would strike them in a way that would cause them to return to Him—to turn back to Him, and as a result He would respond with healing.

God cares about all people. He wants to bring everyone to a place of restoration and relationship with Him. He hears the cries of the people and responds. He doesn't ignore or neglect His creation. He has sent a Savior and Champion for us all, to deliver us. His desire is for us to know Him. When we come to know Him, we will worship Him, for there is none like Him. He responds and heals, His heart delighted that His people have returned to Him—their spiritual, eternal condition rightfully being a higher priority than what is going on in the physical, temporary realm.

Day 24

Longing

¹⁸Therefore the LORD longs to be gracious to you, and therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him.

¹⁹O people in Zion, inhabitant in Jerusalem, you will weep no longer. He will surely be gracious to you at the sound of your cry; when He hears it, He will answer you. ²⁰Although the Lord has given you bread of privation and water of oppression, *He*, your Teacher will no longer hide Himself, but your eyes will behold your Teacher. ²¹Your ears will hear a word behind you, "This is the way, walk in it," whenever you turn to the right or to the left. ²²And you will defile your graven images overlaid with silver, and your molten images plated with gold. You will scatter them as an impure thing, *and* say to them, "Be gone!"

²³Then He will give *you* rain for the seed which you will sow in the ground, and bread *from* the yield of the ground, and it will be rich and plenteous; on that day your livestock will graze in a roomy pasture. ²⁴Also the oxen and the donkeys which work the ground will eat salted fodder, which has been winnowed with shovel and fork. ²⁵On every lofty mountain and on every high hill there will be streams running with water on the day of the great slaughter, when the towers fall. ²⁶The light of the moon will be as the light of the sun, and the light of the sun will be seven times *brighter*, like the light of seven days, on the day the LORD binds up the fracture of His people and heals the bruise He has inflicted.

Isaiah 30:18-26

The Lord longs to be gracious and compassionate towards us; and those who long for Him are blessed. Isaiah prophesied that though God's people had (or would) suffer lack, God would not hide Himself from them. They would see Him. He would respond to the sound of their cry and answer them. They would reject their idols and embrace His way and teaching. They would be blessed with food and water, even on the day of the great slaughter when the towers fall—or the day of defeat for the enemies of God and His people.

When the strongholds come down, the provision and revelation which comes from the light of the Gospel follows. This includes the binding up of His people's fractures and the healing of their wounds—the wounds which were the result of their sin and rejection of his ways. God longs to both forgive and heal.

Day 25

For Us

⁴ Surely our griefs He Himself bore,
And our sorrows He carried;
Yet we ourselves esteemed Him stricken,
Smitten of God, and afflicted.
⁵ But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being *fell* upon Him,
And by His scourging we are healed.

Isaiah 53:4-5

Isaiah is prophesying about the Messiah—Jesus—before He came to Earth. Do we think Jesus was stricken, smitten of God and afflicted for a reason other than our own sin? He was pierced through for **our** transgressions, crushed for **our** iniquities, chastened for **our** well-being and by His scourging **we** are healed. Physical healing is provided by the suffering Jesus went through due to our sin. We must not deny our sin, but confess it, repent of it, and receive the cleansing forgiveness, grace, mercy, and yes, physical healing from Him. Sin opens the door for sickness, even though it's not always the cause, so by receiving forgiveness of sin, healing for the body can flow as well. Let His forgiveness and healing both flow, not only to you, but through you and to others in the body of Christ as well.

Day 26

Know His Season

⁷“Even the stork in the sky
Knows her seasons;
And the turtledove and the swift and the thrush
Observe the time of their migration;
But My people do not know
The ordinance of the LORD.

⁸How can you say, ‘We are wise,
And the law of the LORD is with us’?
But behold, the lying pen of the scribes
Has made *it* into a lie.

⁹“The wise men are put to shame,
They are dismayed and caught;
Behold, they have rejected the word of the LORD,
And what kind of wisdom do they have?

¹⁰“Therefore I will give their wives to others,
Their fields to new owners;
Because from the least even to the greatest
Everyone is greedy for gain;
From the prophet even to the priest
Everyone practices deceit.

¹¹“They heal the brokenness of the daughter of My people superficially,
Saying, ‘Peace, peace,’
But there is no peace.

Jeremiah 8:7-11

Superficial healing, band aids without a real cure, is what happens when true inner-heart searching is not done for truth, and for knowing the ordinance of the Lord. All of creation knows the seasons and what they are supposed to be doing in each season. We, as God’s people, need to know His ways and times for us. We’re not to listen to the lying pen of scribes and “wise” men who have rejected the Word of the Lord—those who misinterpret the Word according to their own impurity of heart. When looking for gain, truth is compromised, and loss is the result. Loss of what’s important—eternal. Let us search out the ways of God—His truth—and be healed more than superficially. The most important healing of all is restoration to the Lord. Everything else comes into alignment once that is in place.

Day 27

Why?

¹⁸ My sorrow is beyond healing, my heart is faint within me!

¹⁹ Behold, listen! The cry of the daughter of my people from a distant land:

“Is the LORD not in Zion? Is her King not within her?”

“Why have they provoked Me with their graven images, with foreign idols?”

²⁰ “Harvest is past, summer is ended,

And we are not saved.”

²¹ For the brokenness of the daughter of my people I am broken;

I mourn, dismay has taken hold of me.

²² Is there no balm in Gilead?

Is there no physician there?

Why then has not the health of the daughter of my people been restored?

Jeremiah 8:18-22

Jeremiah prophesied of the sins of Judah—their rejection of the Lord and His Word, and their refusal to repent. The prophets and priests, along with everyone else, were practicing deceit. Superficial healing, as we saw yesterday, saying peace when there was no peace. They had no shame, and they were suffering for their actions.

Jeremiah laments, is there no balm in Gilead? Are there no physicians available to heal? Yes, there are! Gilead was known for its balm (Genesis 37:25). It was a place where medicine could be obtained and applied. So, the real question was, since there is balm available (His Word) and physicians to heal (teachers), why are they not applying what is needed for the spiritual healing of God’s people? Are there no prophets or teachers who can instruct the people in God’s commands and bring them to repentance? If so, then why is it not happening? Why are they not healed? Why are His people not restored to Him?

Over and over we see that God’s people cut themselves off from His blessing by not heeding His commands. They turned from Him again and again and forsook His commands and worshipped idols. They could not (or would not) consistently obey His commands. They provoked Him with graven images and foreign idols. From this we learn not to use the Lord and His presence as a good luck charm for healing—another idol. Instead, we’re to turn to Him with complete repentance and surrender, acknowledging His ways are the one and only truth.

Day 28

Healing Perpetual Pain

¹⁵You who know, O LORD,
Remember me, take notice of me,
And take vengeance for me on my persecutors.
Do not, in view of Your patience, take me away;
Know that for Your sake I endure reproach.
¹⁶Your words were found and I ate them,
And Your words became for me a joy and the delight of my heart;
For I have been called by Your name,
O LORD God of hosts.
¹⁷I did not sit in the circle of merry-makers,
Nor did I exult.
Because of Your hand *upon me* I sat alone,
For You filled me with indignation.
¹⁸Why has my pain been perpetual
And my wound incurable, refusing to be healed?
Will You indeed be to me like a deceptive *stream*
With water that is unreliable?

¹⁹Therefore, thus says the LORD,
“If you return, then I will restore you—
Before Me you will stand;
And if you extract the precious from the worthless,
You will become My spokesman.
They for their part may turn to you,
But as for you, you must not turn to them.
²⁰“Then I will make you to this people
A fortified wall of bronze;
And though they fight against you,
They will not prevail over you;
For I am with you to save you
And deliver you,” declares the LORD.
²¹“So I will deliver you from the hand of the wicked,
And I will redeem you from the grasp of the violent.”

Jeremiah 15:15-21

Jeremiah presented his case to the Lord regarding the hardships he had endured. He asked for the healing of his perpetual pain—the seeming hopelessness for change regarding the people he was called to. Yet, he was told by the Lord to return to Him and He would restore Him. If Jeremiah would come out of his current state of unbelief and complaint—extracting the precious from the worthless—then he could become His spokesman. He would speak for God. God would give him victory over his enemies—deliverance and redemption.

Day 29

The Fountain of Living Water

⁵ Thus says the LORD, “Cursed is the man who trusts in mankind and makes flesh his strength, And whose heart turns away from the LORD.

⁶ “For he will be like a bush in the desert and will not see when prosperity comes, but will live in stony wastes in the wilderness, a land of salt without inhabitant.

⁷ “Blessed is the man who trusts in the LORD And whose trust is the LORD.

⁸ “For he will be like a tree planted by the water, that extends its roots by a stream and will not fear when the heat comes; but its leaves will be green, and it will not be anxious in a year of drought nor cease to yield fruit.

⁹ “The heart is more deceitful than all else and is desperately sick; who can understand it?

¹⁰ “I, the LORD, search the heart, I test the mind, even to give to each man according to his ways, according to the results of his deeds.

¹¹ “As a partridge that hatches eggs which it has not laid, so is he who makes a fortune, but unjustly; in the midst of his days it will forsake him, and in the end he will be a fool.”

¹² A glorious throne on high from the beginning is the place of our sanctuary.

¹³ O LORD, the hope of Israel, all who forsake You will be put to shame. Those who turn away on earth will be written down, because they have forsaken the fountain of living water, even the LORD.

¹⁴ Heal me, O LORD, and I will be healed; save me and I will be saved, for You are my praise.

Jeremiah 17:5-14

Jeremiah, once again, is addressing the sin of Judah as the Lord had spoken. He said the one who trusts in mankind, turning away from the Lord, is cursed. Yet, the one who trusts in the Lord is blessed. He will flourish like a tree planted by the water. He will continue to bear fruit, even in drought. The Lord searches the hearts and tests the minds. Jeremiah calls the Lord the hope of Israel and calls out for Him to heal him and he will be healed; to save him and he will be saved. Jeremiah was aware of his own sin and need of the Lord’s touch.

When the Lord heals, it is true healing. When the Lord saves, it is true salvation. Salvation is not an outward thing. It’s not simply a position of influence. It’s not political or social, not a class status or religious position. It’s not a financial or military advantage, even though His promise of salvation brings the ultimate in provision, protection and favor. In the same way, God’s healing is not a patched-up job. True healing comes from within—released from the Spirit of God into our spirit and flows into our physical body. Yes, God can touch us miraculously—even one who has not yet met the Lord—but otherwise it flows from the spirit. His healing is true healing—real, lasting healing. Just as His salvation is real, eternal salvation.

Day 30

One to Plead Our Cause

¹⁰‘Fear not, O Jacob My servant,’ declares the LORD, ‘And do not be dismayed, O Israel; For behold, I will save you from afar and your offspring from the land of their captivity. And Jacob will return and will be quiet and at ease, And no one will make him afraid.’¹¹‘For I am with you,’ declares the LORD, ‘to save you; For I will destroy completely all the nations where I have scattered you, only I will not destroy you completely. But I will chasten you justly and will by no means leave you unpunished.’¹²“For thus says the LORD, ‘Your wound is incurable And your injury is serious.’¹³‘There is no one to plead your cause; *No* healing for *your* sore, No recovery for you.’¹⁴‘All your lovers have forgotten you, They do not seek you; For I have wounded you with the wound of an enemy, With the punishment of a cruel one, Because your iniquity is great *And* your sins are numerous.’¹⁵‘Why do you cry out over your injury? Your pain is incurable. Because your iniquity is great *and* your sins are numerous, I have done these things to you.’¹⁶‘Therefore all who devour you will be devoured; And all your adversaries, every one of them, will go into captivity; And those who plunder you will be for plunder, and all who prey upon you I will give for prey.’¹⁷‘For I will restore you to health and I will heal you of your wounds,’ declares the LORD, ‘Because they have called you an outcast, saying: “It is Zion; no one cares for her.”’

Jeremiah 30:10-17

The Lord said their wounds were incurable, their injury serious. Without a Mediator to plead their cause their punishment was cruel because their sin was great and numerous. Their sin came at a price— incurable pain, without healing or recovery. God did this. Why? Sin makes Him our enemy. As much as He loves us, He can’t condone it. He Himself is holiness. Yet even so, He said He would devour those who devoured them. His judgments are just. He is the holy, righteous One and promised to restore and heal as a Father who so loves His children. Thank God for His plan of salvation. Thank God He sent His Son to plead our case—The Messiah has come—Jesus Christ!

Day 31

Heal, Reveal, Restore, Rebuild, Cleanse and Pardon

¹Then the word of the LORD came to Jeremiah the second time, while he was still confined in the court of the guard, saying, ²“Thus says the LORD who made *the earth*, the LORD who formed it to establish it, the LORD is His name, ³‘Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.’ ⁴For thus says the LORD God of Israel concerning the houses of this city, and concerning the houses of the kings of Judah which are broken down *to make a defense* against the siege ramps and against the sword, ⁵‘While *they* are coming to fight with the Chaldeans and to fill them with the corpses of men whom I have slain in My anger and in My wrath, and I have hidden My face from this city because of all their wickedness: ⁶Behold, I will bring to it health and healing, and I will heal them; and I will reveal to them an abundance of peace and truth. ⁷I will restore the fortunes of Judah and the fortunes of Israel and will rebuild them as they were at first. ⁸I will cleanse them from all their iniquity by which they have sinned against Me, and I will pardon all their iniquities by which they have sinned against Me and by which they have transgressed against Me. ⁹It will be to Me a name of joy, praise and glory before all the nations of the earth which will hear of all the good that I do for them, and they will fear and tremble because of all the good and all the peace that I make for it.’

¹⁰“Thus says the LORD, ‘Yet again there will be heard in this place, of which you say, “It is a waste, without man and without beast,” *that is*, in the cities of Judah and in the streets of Jerusalem that are desolate, without man and without inhabitant and without beast, ¹¹the voice of joy and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voice of those who say, “Give thanks to the LORD of hosts, For the LORD is good, For His lovingkindness is everlasting”; *and of those* who bring a thank offering into the house of the LORD. For I will restore the fortunes of the land as they were at first,’ says the LORD.

¹²“Thus says the LORD of hosts, ‘There will again be in this place which is waste, without man or beast, and in all its cities, a habitation of shepherds who rest their flocks. ¹³In the cities of the hill country, in the cities of the lowland, in the cities of the Negev, in the land of Benjamin, in the environs of Jerusalem and in the cities of Judah, the flocks will again pass under the hands of the one who numbers them,’ says the LORD.

Jeremiah 33:1-13

Jeremiah was in prison due to his prophecies concerning Babylon taking the city of Jerusalem (Jeremiah 32:3). Yet at this time, they actually were in the process of taking the city, which occurred because of their wickedness. Even so, the Lord promised to bring them to health and healing, to peace and truth. He promised to restore their fortunes and rebuild. He promised to cleanse them from their iniquity and pardon them. This typifies the time after Christ came to restore the Jews, and then the Gentiles, to Him. He wanted it known among all the nations of the earth the good He would do for His people. In the place which looked completely desolate and without hope, would rise joy, praise and thanksgiving. Once again would rise the voice of joy and gladness, the bridegroom and the bride, the voice of those who give thanks and say that the Lord is good and His lovingkindness is everlasting! Once again there would be shepherds who rest their flocks. Don't give up hope! Turn to the Lord and allow Him to heal you, cleanse you, and pardon you. Allow Him to restore and rebuild what has been destroyed in your life.

Day 32

The Shepherds and the Sheep

¹Then the word of the LORD came to me saying, ²“Son of man, prophesy against the shepherds of Israel. Prophesy and say to those shepherds, ‘Thus says the Lord GOD, “Woe, shepherds of Israel who have been feeding themselves! Should not the shepherds feed the flock? ³You eat the fat and clothe yourselves with the wool, you slaughter the fat *sheep* without feeding the flock. ⁴Those who are sickly you have not strengthened, the diseased you have not healed, the broken you have not bound up, the scattered you have not brought back, nor have you sought for the lost; but with force and with severity you have dominated them. ⁵They were scattered for lack of a shepherd, and they became food for every beast of the field and were scattered. ⁶My flock wandered through all the mountains and on every high hill; My flock was scattered over all the surface of the earth, and there was no one to search or seek *for them.*””

¹¹For thus says the Lord GOD, “Behold, I Myself will search for My sheep and seek them out. ¹²As a shepherd cares for his herd in the day when he is among his scattered sheep, so I will care for My sheep and will deliver them from all the places to which they were scattered on a cloudy and gloomy day. ¹³I will bring them out from the peoples and gather them from the countries and bring them to their own land; and I will feed them on the mountains of Israel, by the streams, and in all the inhabited places of the land. ¹⁴I will feed them in a good pasture, and their grazing ground will be on the mountain heights of Israel. There they will lie down on good grazing ground and feed in rich pasture on the mountains of Israel. ¹⁵I will feed My flock and I will lead them to rest,” declares the Lord GOD. ¹⁶“I will seek the lost, bring back the scattered, bind up the broken and strengthen the sick; but the fat and the strong I will destroy. I will feed them with judgment. ¹⁷“As for you, My flock, thus says the Lord GOD, ‘Behold, I will judge between one sheep and another, between the rams and the male goats. ¹⁸Is it too slight a thing for you that you should feed in the good pasture, that you must tread down with your feet the rest of your pastures? Or that you should drink of the clear waters, that you must foul the rest with your feet? ¹⁹As for My flock, they must eat what you tread down with your feet and drink what you foul with your feet!” ²⁰Therefore, thus says the Lord GOD to them, “Behold, I, even I, will judge between the fat sheep and the lean sheep. ²¹Because you push with side and with shoulder, and thrust all the weak with your horns until you have scattered them abroad, ²²therefore, I will deliver My flock, and they will no longer be a prey; and I will judge between one sheep and another. ²³“Then I will set over them one shepherd, My servant David, and he will feed them; he will feed them himself and be their shepherd. ²⁴And I, the Lord, will be their God, and My servant David will be prince among them; I the Lord have spoken.

Ezekiel 34:1-6; 11-24

There were shepherds in Israel who were not properly caring for the sheep—God’s people. They were more concerned with their own care and actually using the sheep for their own purposes. The Lord said He would care for His sheep, feed them, gather them and heal them. Shepherds should feed, gather and heal. He also said that some of the flock was selfish too and He would judge between those in the flock who cared for others, and those who were selfish and just cared for themselves—even trampling on and contaminating the food and water for the other sheep. In comparison, we might ask ourselves, what part does our pastor play in our healing? What part does our treatment of our brothers and sisters play? God said He would set up a shepherd—one who will not hurt and destroy. Thank God we have the Great Shepherd, who laid down His life for the sheep, and gives life abundantly! (John 10:10-11).

Day 33

Return and Press On

¹ “Come, let us return to the LORD.
For He has torn *us*, but He will heal us;
He has wounded *us*, but He will bandage us.

² “He will revive us after two days;
He will raise us up on the third day,
That we may live before Him.

³ “So let us know, let us press on to know the LORD.
His going forth is as certain as the dawn;
And He will come to us like the rain,
Like the spring rain watering the earth.”

Hosea 6:1-3

Come, let us return to the Lord. The answer to trouble of any type, is not to turn away from the Lord, but to turn and return to Him. Even when He allowed His people to go their own way, in order to discover where that would lead them, He opened His arms with healing when they returned to Him. When we go our own way and end up in trouble, we more clearly see the righteousness of His way. He revives and raises up those who return to Him. He most certainly will stay true to His nature. He will water His people like the spring rains. Let us return to Him. Let us press on to know Him. He will heal and we will live!

Day 34

Son of Righteousness

¹ “For behold, the day is coming, burning like a furnace; and all the arrogant and every evildoer will be chaff; and the day that is coming will set them ablaze,” says the LORD of hosts, “so that it will leave them neither root nor branch.” ² “But for you who fear My name, the sun of righteousness will rise with healing in its wings; and you will go forth and skip about like calves from the stall. ³ You will tread down the wicked, for they will be ashes under the soles of your feet on the day which I am preparing,” says the LORD of hosts.

Malachi 4:1-3

He is preparing a day. It is a day that will set ablaze the arrogant and the evildoer. They will be left with nothing. Chaff, ashes, no root or branch. But for those who fear His name, the sun of righteousness will rise with healing in its wings. The day is the day of righteousness--the rising of the sun of righteousness, the prepared day. This day brings healing for those who fear His name. Thank you Jesus--the Son of righteousness, who is our righteousness. Thank You for the healing Your righteousness brings to us.

Day 35

Present to Forgive and Heal!

²³Jesus was going throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness among the people. ²⁴The news about Him spread throughout all Syria; and they brought to Him all who were ill, those suffering with various diseases and pains, demoniacs, epileptics, paralytics; and He healed them.

Matthew 4:23-24

The law and the prophets of the Old Testament were until John the Baptist. (Luke 16:16). Then Jesus began preaching the Gospel of the Kingdom of God and healing **every sickness and every disease**. Jesus said He didn't come to do away with the law, but to fulfill it. (Matthew 5:17). He brought the Gospel, the good news, of the Kingdom. He healed, He taught, there was no sickness or disease that could resist Him. He has authority over it all. (Matthew 28:18). We had seen that sickness in the Old Testament came when people rebelled against God and rejected Him and His ways for idols. When Jesus came and healed, it was a sign that God was present to forgive their sins as well as heal. It should have been a huge time of rejoicing amongst God's people, and it was for those who could see it!

Day 36

Power on Earth to Forgive

¹ When He had come back to Capernaum several days afterward, it was heard that He was at home. ² And many were gathered together, so that there was no longer room, not even near the door; and He was speaking the word to them. ³ And they came, bringing to Him a paralytic, carried by four men. ⁴ Being unable to get to Him because of the crowd, they removed the roof above Him; and when they had dug an opening, they let down the pallet on which the paralytic was lying. ⁵ And Jesus seeing their faith said to the paralytic, "Son, your sins are forgiven." ⁶ But some of the scribes were sitting there and reasoning in their hearts, ⁷ "Why does this man speak that way? He is blaspheming; who can forgive sins but God alone?" ⁸ Immediately Jesus, aware in His spirit that they were reasoning that way within themselves, said to them, "Why are you reasoning about these things in your hearts? ⁹ Which is easier, to say to the paralytic, 'Your sins are forgiven'; or to say, 'Get up, and pick up your pallet and walk'? ¹⁰ But so that you may know that the Son of Man has authority on earth to forgive sins"—He said to the paralytic, ¹¹ "I say to you, get up, pick up your pallet and go home." ¹² And he got up and immediately picked up the pallet and went out in the sight of everyone, so that they were all amazed and were glorifying God, saying, "We have never seen anything like this."

Mark 2:1-12

Which is easier to say? Jesus spoke forgiveness to the man before healing him to prove that He **also had power to forgive sins**. Forgiveness is not immediately obvious, but this man's healing was. Anyone can say that a man's sins are forgiven and who would know if they really were or not? Jesus said the man was forgiven first so when he was healed everyone would know that His words contain the power to do what He says, so He had the power to forgive as well as heal. It's also true that, since they correctly asked, "who can forgive sins but God alone?" that Jesus revealed He was God in the flesh as well.

Healing is an act of love. God forgives *and* wants us to be healed and delivered. He wants us to experience His blessings now! This act of healing (and really all of His healing acts) proved that Jesus had been given authority on earth to forgive sins. It showed that the power of God backed the words of Jesus. The power of God does what man can't do. His power is above all. His authority was displayed by the words of Jesus. For Jesus to show up in the earth healing and forgiving was to be a great time of rejoicing, for God was showing mercy and forgiveness to man—drawing him to Himself once again!

Day 37

All Were Healed

¹When Jesus came down from the mountain, large crowds followed Him. ²And a leper came to Him and bowed down before Him, and said, "Lord, if You are willing, You can make me clean." ³Jesus stretched out His hand and touched him, saying, "I am willing; be cleansed." And immediately his leprosy was cleansed. ⁴And Jesus said to him, "See that you tell no one; but go, show yourself to the priest and present the offering that Moses commanded, as a testimony to them."

⁵And when Jesus entered Capernaum, a centurion came to Him, imploring Him, ⁶and saying, "Lord, my servant is lying paralyzed at home, fearfully tormented." ⁷Jesus said to him, "I will come and heal him." ⁸But the centurion said, "Lord, I am not worthy for You to come under my roof, but just say the word, and my servant will be healed. ⁹For I also am a man under authority, with soldiers under me; and I say to this one, 'Go!' and he goes, and to another, 'Come!' and he comes, and to my slave, 'Do this!' and he does *it*." ¹⁰Now when Jesus heard *this*, He marveled and said to those who were following, "Truly I say to you, I have not found such great faith with anyone in Israel. ¹¹I say to you that many will come from east and west, and recline *at the table* with Abraham, Isaac and Jacob in the kingdom of heaven; ¹²but the sons of the kingdom will be cast out into the outer darkness; in that place there will be weeping and gnashing of teeth." ¹³And Jesus said to the centurion, "Go; it shall be done for you as you have believed." And the servant was healed that *very* moment.

¹⁴When Jesus came into Peter's home, He saw his mother-in-law lying sick in bed with a fever. ¹⁵He touched her hand, and the fever left her; and she got up and waited on Him. ¹⁶When evening came, they brought to Him many who were demon-possessed; and He cast out the spirits with a word, and healed all who were ill. ¹⁷*This was* to fulfill what was spoken through Isaiah the prophet: "HE HIMSELF TOOK OUR INFIRMITIES AND CARRIED AWAY OUR DISEASES."

Matthew 8:1-17

As Jesus came down from the mountain, large crowds followed Him. The leper said if He was willing, He could heal Him, and Jesus did. He was willing. Then as He entered the city, Capernaum, a centurion came to Him and showed great faith which caused his servant to be healed at Jesus' Word. Then when Jesus came into Peter's home and saw his mother-in-law sick, He touched her and healed her. Mark and Luke's account both say "they" asked Him to help her (Mark 1:30, Luke 4:38). In all these cases, they all were healed. Jesus showed His willingness to heal, and He responded to the faith of those who approached Him. In the evening, He delivered many from demons and healed all who were sick. This fulfilled what Isaiah said, He Himself took our infirmities and carried away our diseases! He did not deny healing to anyone!

Day 38

According to Your Faith

²¹ When Jesus had crossed over again in the boat to the other side, a large crowd gathered around Him; and so He stayed by the seashore. ²² One of the synagogue officials named Jairus came up, and on seeing Him, fell at His feet ²³ and implored Him earnestly, saying, “My little daughter is at the point of death; *please* come and lay Your hands on her, so that she will get well and live.” ²⁴ And He went off with him; and a large crowd was following Him and pressing in on Him.

²⁵ A woman who had had a hemorrhage for twelve years, ²⁶ and had endured much at the hands of many physicians, and had spent all that she had and was not helped at all, but rather had grown worse— ²⁷ after hearing about Jesus, she came up in the crowd behind *Him* and touched His cloak. ²⁸ For she thought, “If I just touch His garments, I will get well.” ²⁹ Immediately the flow of her blood was dried up; and she felt in her body that she was healed of her affliction. ³⁰ Immediately Jesus, perceiving in Himself that the power *proceeding* from Him had gone forth, turned around in the crowd and said, “Who touched My garments?” ³¹ And His disciples said to Him, “You see the crowd pressing in on You, and You say, ‘Who touched Me?’” ³² And He looked around to see the woman who had done this. ³³ But the woman fearing and trembling, aware of what had happened to her, came and fell down before Him and told Him the whole truth. ³⁴ And He said to her, “Daughter, your faith has made you well; go in peace and be healed of your affliction.”

³⁵ While He was still speaking, they came from the *house of* the synagogue official, saying, “Your daughter has died; why trouble the Teacher anymore?” ³⁶ But Jesus, overhearing what was being spoken, said to the synagogue official, “Do not be afraid *any longer*, only believe.” ³⁷ And He allowed no one to accompany Him, except Peter and James and John the brother of James. ³⁸ They came to the house of the synagogue official; and He saw a commotion, and *people* loudly weeping and wailing. ³⁹ And entering in, He said to them, “Why make a commotion and weep? The child has not died, but is asleep.” ⁴⁰ They *began* laughing at Him. But putting them all out, He took along the child’s father and mother and His own companions, and entered *the room* where the child was. ⁴¹ Taking the child by the hand, He said to her, “Talitha kum!” (which translated means, “Little girl, I say to you, get up!”). ⁴² Immediately the girl got up and *began* to walk, for she was twelve years old. And immediately they were completely astounded. ⁴³ And He gave them strict orders that no one should know about this, and He said that *something* should be given her to eat.

Mark 5:21-43

There was tangible power released from Jesus when the woman just touched His clothes in faith. She had her eyes on His cloak. All she had to do was touch His hem, the fringe of His garment. (Matthew 9:20). Jairus’ faith was for Jesus to come lay hands on his daughter. Jesus met these people where their faith was, even unknowingly as the woman touched Him. What amazing power He carried with Him. What willingness to heal. He didn’t tell the woman she should have done it a different way. He didn’t tell Jairus that either. He met them where their faith was. He backed up their faith, even when Jairus got news she had died. He encouraged him to not be afraid, but believe. He wants to touch us, to heal us! Will we reach out to touch Him?

Day 39

The Evidence

¹⁸The disciples of John reported to him about all these things. ¹⁹Summoning two of his disciples, John sent them to the Lord, saying, “Are You the Expected One, or do we look for someone else?” ²⁰When the men came to Him, they said, “John the Baptist has sent us to You, to ask, ‘Are You the Expected One, or do we look for someone else?’” ²¹At that very time He cured many *people* of diseases and afflictions and evil spirits; and He gave sight to many *who were* blind. ²²And He answered and said to them, “Go and report to John what you have seen and heard; the blind receive sight, the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, the poor have the Gospel preached to them. ²³ Blessed is he who does not take offense at Me.”

Luke 7:18-23

John the Baptist was in prison (Matthew 11:2) and sent word to Jesus asking if He really was the Messiah. He knew He was. Yet as proof, Jesus told them to tell John of the healings and miracles He was doing, along with the preaching of the Good News. These works were evidence that He was the One—the One who would pay the price for our sin and restore us to fellowship with the Father. The works of healing Jesus did were proof of God’s forgiveness, proof of His love, and proof that Jesus is the Expected One!

Day 40

Go and Sin No More

¹After these things there was a feast of the Jews, and Jesus went up to Jerusalem. ²Now there is in Jerusalem by the sheep *gate* a pool, which is called in Hebrew Bethesda, having five porticoes. ³In these lay a multitude of those who were sick, blind, lame, and withered, [waiting for the moving of the waters; ⁴for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.] ⁵A man was there who had been ill for thirty-eight years. ⁶When Jesus saw him lying *there*, and knew that he had already been a long time *in that condition*, He said to him, “Do you wish to get well?” ⁷The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me.” ⁸Jesus said to him, “Get up, pick up your pallet and walk.” ⁹Immediately the man became well, and picked up his pallet and *began* to walk.

Now it was the Sabbath on that day. ¹⁰So the Jews were saying to the man who was cured, “It is the Sabbath, and it is not permissible for you to carry your pallet.” ¹¹But he answered them, “He who made me well was the one who said to me, ‘Pick up your pallet and walk.’” ¹²They asked him, “Who is the man who said to you, ‘Pick up *your pallet* and walk?’” ¹³But the man who was healed did not know who it was, for Jesus had slipped away while there was a crowd in *that* place. ¹⁴Afterward Jesus found him in the temple and said to him, “Behold, you have become well; do not sin anymore, so that nothing worse happens to you.” ¹⁵The man went away, and told the Jews that it was Jesus who had made him well. ¹⁶For this reason the Jews were persecuting Jesus, because He was doing these things on the Sabbath. ¹⁷But He answered them, “My Father is working until now, and I Myself am working.”

John 5:1-17

Here is a man that seemed to be in such a hopeless situation that even healing from God seemed unattainable. He had no way to get to the water after the angel stirred it up. I wonder what his sin was that Jesus told him to sin no more so that nothing worse would happen to him. Maybe he was bitter? Even against God? It didn't matter that he couldn't walk for sin is of the heart, seen in attitude or words. Once again, we see a sin-sickness connection, yet Jesus healed him. Another sign of God displaying forgiveness of sins through Jesus Christ, as well as healing. So many healings Jesus did. So much grace and forgiveness of sins for our salvation.

Day 41

Neither One Sinned

¹³As He passed by, He saw a man blind from birth. ²And His disciples asked Him, “Rabbi, who sinned, this man or his parents, that he would be born blind?” ³Jesus answered, “*It was neither that* this man sinned, nor his parents; but *it was* so that the works of God might be displayed in him. ⁴We must work the works of Him who sent Me as long as it is day; night is coming when no one can work. ⁵While I am in the world, I am the Light of the world.” ⁶When He had said this, He spat on the ground, and made clay of the spittle, and applied the clay to his eyes, ⁷and said to him, “Go, wash in the pool of Siloam” (which is translated, Sent). So he went away and washed, and came *back* seeing. ⁸Therefore the neighbors, and those who previously saw him as a beggar, were saying, “Is not this the one who used to sit and beg?” ⁹Others were saying, “This is he,” *still* others were saying, “No, but he is like him.” He kept saying, “I am the one.” ¹⁰So they were saying to him, “How then were your eyes opened?” ¹¹He answered, “The man who is called Jesus made clay, and anointed my eyes, and said to me, ‘Go to Siloam and wash’; so I went away and washed, and I received sight.” ¹²They said to him, “Where is He?” He said, “I do not know.”

John 9:1-12

The disciple’s question to Jesus was **whose** sin caused the man to be born blind. It seems that they noticed the sin-sickness correlation too because they didn’t ask **if** sin was the cause of this man’s blindness, but whether his condition was caused by his own sin or his parents. Jesus said it was neither one’s sin. Just when they thought they had figured it out!

Jesus’ answer revealed that in order for the works of God (in this case healing) to be displayed in the blind man it must be done while it is day—during the light. The kingdom Jesus brought to earth would do the works of God to forgive and heal, not condemn and blame. Jesus came as the light of the world and he passed that same call on to His disciples (Matthew 5:14). The light is sent to expose, not for judgment or condemnation (yet), but to show the way out from under the domain of darkness and into the Kingdom of Light, the kingdom of God’s dear Son (Colossians 1:13).

It’s interesting that the pool “Siloam” means *sent*. Jesus said He must work the works of Him who *sent* Him—the Father—while it is day. He was sent to save and to heal and he *sent* the man to the pool called *Sent* so he could be healed.

Jesus has also sent us to do the same things that He was sent by the Father to do (John 20:21). He sent us to do the works that He did, and greater works (John 14:10-12). We too must do the works of God now, while there is still light.

Day 42

Healing His Captors

³⁹ And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed Him. ⁴⁰ When He arrived at the place, He said to them, "Pray that you may not enter into temptation." ⁴¹ And He withdrew from them about a stone's throw, and He knelt down and *began* to pray, ⁴² saying, "Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done." ⁴³ Now an angel from heaven appeared to Him, strengthening Him. ⁴⁴ And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground. ⁴⁵ When He rose from prayer, He came to the disciples and found them sleeping from sorrow, ⁴⁶ and said to them, "Why are you sleeping? Get up and pray that you may not enter into temptation."

⁴⁷ While He was still speaking, behold, a crowd *came*, and the one called Judas, one of the twelve, was preceding them; and he approached Jesus to kiss Him. ⁴⁸ But Jesus said to him, "Judas, are you betraying the Son of Man with a kiss?" ⁴⁹ When those who were around Him saw what was going to happen, they said, "Lord, shall we strike with the sword?" ⁵⁰ And one of them struck the slave of the high priest and cut off his right ear. ⁵¹ But Jesus answered and said, "Stop! No more of this." And He touched his ear and healed him. ⁵² Then Jesus said to the chief priests and officers of the temple and elders who had come against Him, "Have you come out with swords and clubs as you would against a robber? ⁵³ While I was with you daily in the temple, you did not lay hands on Me; but this hour and the power of darkness are yours."

Luke 22:39-53

What an example of how Jesus came to die for the sins of the very ones who were to kill Him, and heal them as well. He healed one who was coming to arrest Him and eventually crucify Him. Jesus knew this. He knew what was going to happen. Yet He had no bitterness against those coming to take Him away to be crucified. He knew it was His time. He knew it was His purpose. The love and nature of God is far beyond human tendencies. What great love He has that He does not react to the hateful actions of others. His nature is to love, to give, to heal... What an example of His mercy—for healing to come in spite of the man's sin. After so many examples of the sin-sickness relation, how humbling it is to see this example of healing even to the sinner. This truly shows Jesus paying the price for sin—all sin.

Day 43

Faith in the Name of Jesus

¹ Now Peter and John were going up to the temple at the ninth *hour*, the hour of prayer. ² And a man who had been lame from his mother's womb was being carried along, whom they used to set down every day at the gate of the temple which is called Beautiful, in order to beg alms of those who were entering the temple. ³ When he saw Peter and John about to go into the temple, he *began* asking to receive alms. ⁴ But Peter, along with John, fixed his gaze on him and said, "Look at us!" ⁵ And he *began* to give them his attention, expecting to receive something from them. ⁶ But Peter said, "I do not possess silver and gold, but what I do have I give to you: In the name of Jesus Christ the Nazarene—walk!" ⁷ And seizing him by the right hand, he raised him up; and immediately his feet and his ankles were strengthened. ⁸ With a leap he stood upright and *began* to walk; and he entered the temple with them, walking and leaping and praising God. ⁹ And all the people saw him walking and praising God; ¹⁰ and they were taking note of him as being the one who used to sit at the Beautiful Gate of the temple to *beg* alms, and they were filled with wonder and amazement at what had happened to him.

When Peter saw the amazement of the people he spoke to them, explaining the healing.

¹⁶ And on the basis of faith in His name, *it is* the name of Jesus which has strengthened this man whom you see and know; and the faith which *comes* through Him has given him this perfect health in the presence of you all.

Then Peter and John were arrested and questioned.

⁷ When they had placed them in the center, they *began* to inquire, "By what power, or in what name, have you done this?" ⁸ Then Peter, filled with the Holy Spirit, said to them, "Rulers and elders of the people, ⁹ if we are on trial today for a benefit done to a sick man, as to how this man has been made well, ¹⁰ let it be known to all of you and to all the people of Israel, that by the name of Jesus Christ the Nazarene, whom you crucified, whom God raised from the dead—by this *name* this man stands here before you in good health. ¹¹ He is the **STONE WHICH WAS REJECTED** by you, **THE BUILDERS**, *but* **WHICH BECAME THE CHIEF CORNER stone**. ¹² And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved."

Acts 3:1-10, 16 and 4:7-12

Peter and John declared that it was through faith in the name of Jesus that the man was healed. It was by His name, the name Himself and on the basis of faith, the faith which comes through Him. In this case, the lame man wasn't expecting anything from them, he wasn't even looking at them or paying attention to Peter or John until they spoke and said, "Look at us!" Then he expected something—alms? Or healing? Was it faith on the part of Peter and John, or the man that brought his healing? I think he was just expecting alms and was surprised by God, pulled up out of his lameness by Peter and the faith Peter had in and through the name of Jesus. We are not meant to be alone in our troubles. The strength of the body can be distributed through the faith of others to us—or us to them—to bring healing, or even a miracle.

Day 44

Attentive to the Signs

⁴Therefore, those who had been scattered went about preaching the word. ⁵Philip went down to the city of Samaria and *began* proclaiming Christ to them. ⁶The crowds with one accord were giving attention to what was said by Philip, as they heard and saw the signs which he was performing. ⁷For *in the case of* many who had unclean spirits, they were coming out of *them* shouting with a loud voice; and many who had been paralyzed and lame were healed. ⁸So there was much rejoicing in that city.

Acts 8:4-8

The persecution of the early Church caused them to be scattered which led to Philip going to Samaria to preach the Word. As the gospel spread beyond the Jews, it would be preached to those who had a limited knowledge, or even no knowledge, of the Law or how to please God. Yet the healing and delivering power of God still flowed to them. It got their attention so they would listen to the gospel.

Signs of healing and deliverance followed Philip's preaching. The whole city rejoiced in the goodness of God and as a result listened to the preaching of the Word. So we see that before Jesus came, healing was a benefit as they obeyed God's commands. Yet here we see the people giving attention to what Philip was saying **because** they heard and saw the signs he was performing—deliverances and healing. These signs got their attention, so they listened to Philip proclaiming Christ to them. How gracious is our God!

See also Hebrews 2:1-4

Day 45

Transporting the Healing Anointing

¹¹ God was performing extraordinary miracles by the hands of Paul, ¹² so that handkerchiefs or aprons were even carried from his body to the sick, and the diseases left them and the evil spirits went out.

Acts 19:11-12

The healing anointing upon Paul soaked into the cloths that were put on his body. When they took these cloths to the sick, the diseases and evil spirits left them. Jesus said that we would do the same works He did—and even greater works (John 14:12). The church was meant from the beginning to carry on the works of Jesus—to continue the message of forgiveness and healing. It didn't stop when He left the earth. He sent the Holy Spirit to fill us and empower us to continue the work which He began!

See also Acts 1:8; Acts 2:4

Day 46

A Worthy Manner

²³ For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; ²⁴ and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." ²⁵ In the same way *He took* the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink *it*, in remembrance of Me." ²⁶ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes.

²⁷ Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. ²⁸ But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. ²⁹ For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly. ³⁰ For this reason many among you are weak and sick, and a number sleep. ³¹ But if we judged ourselves rightly, we would not be judged. ³² But when we are judged, we are disciplined by the Lord so that we will not be condemned along with the world.

³³ So then, my brethren, when you come together to eat, wait for one another. ³⁴ If anyone is hungry, let him eat at home, so that you will not come together for judgment. The remaining matters I will arrange when I come.

1 Corinthians 11:23-33

Paul says we must examine ourselves when partaking of the Lord's Supper so we don't eat the bread or drink the cup unworthily. The Lord's Supper, or communion, is based on the Last Supper Jesus had with His disciples. Some members of the church had gotten off track in partaking of the Lord's Supper (1 Corinthians 11:17-22) so Paul addressed this here. There are four main points of instruction he gives.

First, we are to **remember Jesus** when we take communion. It's not a meal or a snack, it's a remembrance of what Jesus has done for us through His death on the cross. Second, we are **proclaiming the Lord's death** when we partake. The act of taking communion is an expression of your faith personally. It's a proclamation that He died for your sins. It has become personal to you, and you acknowledge Him as the sacrifice for your own sin.

Additionally, **examine yourself** to determine if you have any unconfessed sin, or if your fellowship with the Father and Son is broken. Have you stepped out of the light? If so, confess your sin to Him (1 John 1:5-9). Lastly, we are to **judge the body rightly**—His body, the body of Christ. Jesus is the Head of His body, you are a part of His body, and your brothers and sisters in Christ are also part of His body. We are to love Him first, but also love one another as He has loved us (John 13:34-35) for we each are a member of His body.

We're not to take communion, our remembrance of what Jesus has done for us, flippantly, casually or as a simple meal. Instead we are to honor Him and remember His sacrifice and what it means to us personally. We are to examine our hearts, our fellowship with the Lord, and properly acknowledge the other members of His body. Because of people failing to do this, many were weak, sick and had even died. *Lord forgive us if we have done this.*

Day 47

Gifts of Healings Distributed

¹ Now concerning spiritual *gifts*, brethren, I do not want you to be unaware. ² You know that when you were pagans, *you were* led astray to the mute idols, however you were led. ³ Therefore I make known to you that no one speaking by the Spirit of God says, “Jesus is accursed”; and no one can say, “Jesus is Lord,” except by the Holy Spirit.

⁴ Now there are varieties of gifts, but the same Spirit. ⁵ And there are varieties of ministries, and the same Lord. ⁶ There are varieties of effects, but the same God who works all things in all *persons*. ⁷ But to each one is given the manifestation of the Spirit for the common good. ⁸ For to one is given the word of wisdom through the Spirit, and to another the word of knowledge according to the same Spirit; ⁹ to another faith by the same Spirit, and to another gifts of healing by the one Spirit, ¹⁰ and to another the effecting of miracles, and to another prophecy, and to another the distinguishing of spirits, to another *various* kinds of tongues, and to another the interpretation of tongues. ¹¹ But one and the same Spirit works all these things, distributing to each one individually just as He wills.

1 Corinthians 12:1-11

Paul is explaining how the Spirit of God manifests Himself in a variety of ways through different people, according to the gifts or manifestation of the Spirit given to each one. Gifts of healings are one of these. In this chapter it's always called “gifts” which is the Greek word “charisma.” It seems to imply that a **gift to heal** is given to a person, not so much a healing given directly to a sick person. So this gift of healing is expressed through a person with this gift—one who has an empowerment of the Spirit to make healing happen. A person may have a gift of healing which is especially effective over a specific disease or affliction. In these cases, it would be worthwhile to know those with gifts of healing and the specific gifts the Spirit of God has imparted to them.

Day 48

Call for the Elders

¹³Is anyone among you suffering? *Then* he must pray. Is anyone cheerful? He is to sing praises. ¹⁴Is anyone among you sick? *Then* he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; ¹⁵and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. ¹⁶Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.

James 5:13-16

So it seems that if the sick are to call for the elders of the church, and be anointed with oil in the name of the Lord, it makes sense to appoint elders who have gifts of healing, as we read in 1 Corinthians 12. The prayer offered in faith will restore the one who is sick. Whose prayer? Whose faith? The elders, for they are the ones praying here. Then it says to confess your sins to one another and pray for one another so you may be healed. Confessing sin, prayers of faith, and the gifts of the body working together will bring healing.

Day 49

By His Wounds

²¹ For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, ²² WHO COMMITTED NO SIN, NOR WAS ANY DECEIT FOUND IN HIS MOUTH; ²³ and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting *Himself* to Him who judges righteously; ²⁴ and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. ²⁵ For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

1 Peter 2:21-25

Peter says they—the people of God—were continually straying like sheep, but now have returned to the Shepherd and Guardian of their souls. We saw this throughout the Old Testament, that God’s people kept straying. So Jesus came, died, and bore all of our sins in His own body—a sinless and spotless sacrifice for us—so that we could die to sin and live to righteousness. This same act that provided salvation and the opportunity for us to live free from sin, also provided healing for our bodies. By His wounds we were healed! Jesus was victorious over both sin and sickness, and all the power of the enemy!

Visualize this, Jesus bore your sins in His body on the cross. These sins wounded Him, and by those very same wounds you are healed. You are healed so that you can fulfill the purpose for which He has called you to in life this—so you can die to sin and live to righteousness. Seek His kingdom and His righteousness first and all that you need for the physical body will be provided (See Matthew 6:25-34).

Your physical body—what you do in your body—is being conformed into the image of Jesus (Romans 8:29). He has laid hold of you for a reason, and we press on—don’t give up—so we can discover and lay hold of that reason (Philippians 3:12).

Day 50

Eternal Promise of Healing

¹Then he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, ²in the middle of its street. On either side of the river was the tree of life, bearing twelve *kinds of* fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations. Revelation 22:1-2

¹²By the river on its bank, on one side and on the other, will grow all *kinds of* trees for food. Their leaves will not wither and their fruit will not fail. They will bear every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing.” Ezekiel 47:12

After the millennium, we see trees growing on the banks of the river that flows from the throne of God—the river of the water of life. They yield their fruit every month. Twelve kinds of fruit. So we have a continual supply of provision, nutrition and healing because the leaves of the tree are for the healing of the nations. The healing of the nations is an eternal promise that continues forever, for all those whose name is written in the Lamb’s book of life.

What does all of this mean?

There is a connection between the spiritual realm and your physical body. The condition of your spirit and soul will affect your physical body. Sin can cause sickness, though it's not always the cause.

The good news of the Gospel of Jesus Christ is that He made the way for your spirit to be made new—to be born again. He made the way for you to be filled with His Spirit so you can overcome sin, and anything that stands in the way of you fulfilling your God-given purpose. He made the way for you to overcome the dark spiritual forces that would try and pull you away from the holy and healthy life Jesus Christ has provided for you.

The Gospel of the Kingdom, the good news of Jesus Christ, reveals that He is not counting your sins against you any longer!

¹⁷ Therefore if anyone is in Christ, *he is* a new creature; the old things passed away; behold, new things have come. ¹⁸ Now all *these* things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, ¹⁹ namely, that God was in Christ reconciling the world to Himself, ***not counting their trespasses against them***, ... ²¹ He made Him who knew no sin *to be* sin on our behalf, so that we might become the righteousness of God in Him. 2 *Corinthians 5:17-19a, 21.*

²⁴ and ***He Himself bore our sins*** in His body on the cross, so that we might die to sin and live to righteousness; for ***by His wounds you were healed.*** 1 *Peter 2:24.*

³³ But seek first His kingdom and His righteousness, and all these things will be added to you. *Matthew 6:33.*

Since He has born our sins on the cross so we can live to righteousness, and so the Father is not counting our trespasses against us, then He has also provided healing. Receive Jesus and both the forgiveness of sin and healing of the body which He provided for you! Seek His kingdom and righteousness first above all and all you need for the body will be provided.

