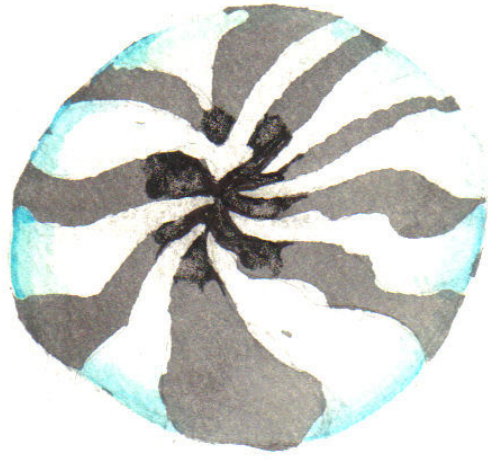


**Thursday
Morning**



Healing

**O God
I am wounded
I come for your healing**

Prayer:

O God, I open myself to my unwellness; in body, mind and spirit.

Old Testament Scripture:

I cry out to God, I know God will hear me.

In trouble I go looking for God. I'm awake through the night, I cannot find rest, I sigh in anguish and can't even say what is truly wrong.

Psalm 77: 1-4

New Testament Scripture:

Brothers and sisters we want you to be aware of the suffering we have experienced in Asia. It got so bad that we didn't think that we could make it through. Our strength was so completely drained that we didn't want to go on living. We understand now that a sentence of death was handed down within us so that we would give up relying on our own strength or intellectual understanding to get out of it. We were forced to put our total trust in God who raised the dead.

2 Corinthians 1:8-9

Prayer:

O God, I open myself to unwellness related to my physical body.

(Silence – Allow God to speak to you.)

O God, I open myself to unwellness related to my mind, my thoughts, things that I dwell on from the past and present, wounds inflicted upon me, wounds I have inflicted, failings, sins that still affect me and may affect others.

(Silence – Allow God to speak to you.)

O God, I open myself to unwellness related to my spirit; fears that continue to affect my well-being, discouragement, depression, anything in my life that restricts my living in joyful abandon, that may be a barrier to being fully alive.

(Silence – Allow God to speak to you.)

Supplement

Confession:

Read Psalm 43

If something from the past or from a more recent time continually troubles you, a mistake that you made, a wrong that you committed, a wrong that was committed against you; consider talking about it with a sister or brother who you deeply trust.

Seeking professional medical help:

It is **NOT** “unspiritual” or unfaithful to seek medical help if you experience prolonged anxiety or depression. Advances in medicine, medical procedures, therapies, and medication can be an aspect of God’s healing body, mind and spirit.

What does healing look like?

Physical and emotional healing do not always occur as we would wish. Our body’s physical and emotional vulnerability are part of our humanity.

God can use everything to bless our lives and the lives of others.

Living a full and meaningful life does not necessarily lead to feelings of continual happiness.

Prayer:

Lord Jesus Christ

Son of God

Have Mercy

Upon Me

A sinner

I enter into the mystery of God’s grace

Forgiven

I forgive all who have harmed me

I receive all that God offers

Love

Patience

Faithfulness

Joy

Kindness

Gentleness

Peace Goodness Self Control

O God you are everywhere
And in every created thing
This is the completeness of your presence
The depth of your mercy

Collect:

Holy Spirit, I seek your protection
Powers seek dominion over my life
Ownership of my thoughts
My emotions
My heart, my mind, my soul

I denounce principalities that seek to own me
Political principalities
Religious principalities
Social principalities
Economic principalities
Empire principalities

I war against all that is not of you O God

Your kingdom come

Holy Healing God
I open myself
To your healing

**Thursday
Mid-Day**



Healing

**O God
I am afraid
Heal my fear**

Prayer:

O God
Always the fear
Of what people think of me
Of what might happen
Of life

O God
Always the fear
Am I doing it right?
Do I look all right?

Why can't I shut off my mind?
What have I given myself to?
What haven't I given myself to?

Am I strong enough?
Pretty enough?
Young enough?
Old enough?
Athletic enough?
Smart enough?
Am I good enough?

Why can't I shut off my mind?

Holy Healing God
I believe in you,
Help me to trust you.

Old Testament Scripture:

God will cover you
Beneath God's outstretched arms
You will find refuge.
You will no longer be afraid of terror in the night,
Nor evil that may come by day.
Of disease that stalks in darkness,
Or the destruction that lays waste at noon.
Thousands may fall next to you,
Ten thousand on the right and left,
But you will not be touched.

Psalm 91:4-7

New Testament Scripture:

We have come to know and now trust the love which God has for us. God is love, and anyone who chooses to live within this love lives in God and God within them.

In this way love is perfected within us and we can live assured that we will forever be held, because as Christ is in the world, so also are we. There is no fear in love, perfect love eliminates fear in our lives. We begin to understand that when we are afraid it is a signal to us that our loving needs to go deeper.

1 John 4:16-19

Prayer:

Holy ever present God
Nothing can separate me from your love

I receive fully the giftedness of life
I enter into the great mystery of being
Unafraid
Engulfed in the happiness of being
Connected to all life
Loving
Living in the victory won in Christ Jesus

Collect:

It all ends now.
We are just plain sick of it.
Sick of the lie
Sick of the game
Sick of the systems

Sick of ourselves
Sick of the maintenance
Sick of being afraid

The yearning
The longing
The aching
To be alive
Begins
To overpower
Fear.

I will begin here
I will no longer be afraid
Of being afraid

Now the healing begins
Now the curtain is torn
Now the veil is lifted

Holy Healing God
I open myself
To your healing of my fear.

Thursday Evening



Healing

**O God
I am wounded
Those I love are wounded
The Earth is wounded
We seek your healing**

Meditation:

Reflect upon your woundedness
Reflect upon the woundedness of those you love.
Reflect upon the woundedness of the world.
Reflect upon the woundedness of the Earth.

Old Testament Scripture:

O Lord, I call upon you, come to me quickly, I so deeply need you. May my prayer be received as a gift I bring to you, the lifting of my hands in supplication as an evening offering?

Psalm 141: 1-2

New Testament Scripture:

Nothing can separate us from the love of Christ; not times of anguish, or trouble, or persecution, or war, not even when the basic necessities of life run out.

In every situation we persevere through Christ Jesus who loves us.
I am absolutely convinced that nothing living or dead, angelic or demonic, neither world orders nor things from the past, the present or future, not powers, nothing high or low

nor anything our minds can imagine will be able to separate us from the love of God, made visible in Jesus Christ our savior, our guide, our sovereign authority.

Romans 8: 35, 37-39

Loving God, into your healing presence we bring those who suffer physical pain and ill health, with them we bring their families and friends and all who care for them.....

May they be held in the deep peace of Christ.

Loving God, into your healing presence we bring those who suffer emotional and mental pain, who experience anxiety and depression, suffering in mind and spirit, and all those who love and care for them.....

May they be held in the deep peace of Christ.

Loving God, into your healing presence we bring the suffering people of the world, those experiencing oppression, injustice, poverty, division, violence and war.....

May they be held in the deep peace of Christ.

Loving God, into your healing presence we bring those struggling to overcome addiction and those suffering from abuse, those who love them and all who support and work with them.....

May they be held in the deep peace of Christ.

Loving God, into your healing presence we bring those facing loss through the physical death of loved ones, and those who have experienced loss through broken relationships.....

May they be held in the deep peace of Christ.

Loving God, into your healing presence we bring those whose names and needs are not known to us, but are known to you.

We name in our hearts those who are close to us.

May they be held in the deep peace of Christ.

Prayer:

Spirit of the living God, present with us now,
Enter you, body , mind and spirit,
And heal you of all that harms you,
In Jesus' name.

Collect:

God of Hope

Fill us with Joy
Fill us with Peace
Fill us with Love

Holy Healing God
Thank you.