

## How to Pray for Healing

God makes it possible for us to receive healing today. It is important that we boldly ask God for healing for ourselves and for others.

There are some important questions to consider as you seek healing. We encourage you to spend time with the Lord working through these questions:

1. For what specifically are you seeking healing? Is the root of the issue spiritual, physical, emotional or psychological in nature?
2. How has this situation affected your relationship with God? How have you seen Him at work in this?
3. Are there lifestyle or relational changes that God wants you to make that could enhance or improve your health? Unconfessed sin, living in continual disobedience and unforgiveness could hinder your healing.
4. Please meditate on the following scriptures for guidance and clarity:  

Romans 12:1-2	1 Corinthians 7:3-4
2 Corinthians 6:14-7:1	Matthew 5:21-24
James 5:14-16	Colossians 3:1-11
1 Peter 3:7	1 Corinthians 6:12-20
5. Ask God to reveal any areas of sin or unforgiveness that you need to address.
6. Are you willing to deal with these things? Take time to confess, repent and forgive accordingly.
7. Consider your willingness to surrender to God's plan for your life in this situation.
8. How will you honour, praise and pursue Him if you are healed? How will you honour, praise and pursue Him if you are not?
9. Share what God has been doing in your heart with someone in your small group or someone special to you.
10. Ask the Lord for healing. Trust that He is a Good Father and knows what is best for you. Have great expectation that He will heal you!