

A prayer for healing

Father, You see every place in me that hurts—the pain I can explain and the pain I cannot put into words. I bring You my body, my emotions, my memories, and my spirit. Please meet me with mercy in each one.

Give wisdom to the doctors, counselors, pastors, family members, and friends who support me. Help me receive appropriate care without shame and ask good questions without fear. Guard me from promises You have not made, and anchor me in the promise that I am never abandoned.

Where healing is slow, give me patience for today. Where I am discouraged, give me enough strength for the next right step. Where grief and fear have settled into my heart, bring Your steady peace. Restore what can be restored, teach me how to care for what remains tender, and keep me close to You through every part of this season.

I trust Your character even when I cannot predict the outcome. Hold me, guide me, and let hope grow quietly again. In Jesus' name, amen.

From "A Prayer for Healing: Body, Heart & Spirit"
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