



HEALING

DAY ONE

SUSAN MACDOUGALL

PERUSE

Jeremiah 17:14 (NIV) *Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.*

PONDER

1. What area in your life do you need healing?
2. Have you asked God for healing in this situation? Why or why not?
3. Recall a time when you needed healing and God saw you through it. Describe your feelings and how you praised God.

PRAY

Thank you, Father God, for the small victories and for the difficulties you will see me through. Amen



HEALING

DAY TWO

SUSAN MACDOUGALL

PERUSE

Isaiah 41:10 (NLT) *Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

PONDER

1. Let these words settle in your heart. Repeat what God does not want you to be.
2. Write out God's reasoning for this.
3. What are ways that God has helped you?

PRAY

Dear God, give me your strength and your peace to get through this day. Help me to stop wondering and start watching for your favor in every situation. In Jesus' Name. Amen.



HEALING

DAY THREE

SUSAN MACDOUGALL

PERUSE

1 Peter 2:24 (NLT) *He personally carried our sins in his body on the cross so that we can be dead in sin and live for what is right. By his wounds you are healed.*

PONDER

1. In spite of your affliction, whether physical or emotional, take a moment to ponder the fact that through Jesus you are healed.
2. How is your faith impacted knowing that whether here on earth or someday in heaven, you will be healed completely?
3. What can you do today to trust in God's presence in your situation?

PRAY

Dear God, help me to face suffering as Jesus did—with patience, calmness, and confidence that God is in total control. Amen.



HEALING

DAY FOUR

SUSAN MACDOUGALL

PERUSE

Psalm 119:50 (NKJV) *This is my comfort in my affliction, for Your word has given me life.*

PONDER

1. Do you think it is possible to get comfort from God's Word in the Bible? Why or why not?
2. Based on your answer above, how often do you turn to scripture verses for support?
3. Begin to keep a running list of verses that you find comfort you. Post it where you will see it often.

PRAY

Father God, help me to build my relationship with you through prayer and through reading Your Word. I want to trust in your healing power. Amen.



HEALING

DAY FIVE

SUSAN MACDOUGALL

PERUSE

1 Peter 5:10 (NLT) *In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.*

PONDER

1. Peter acknowledges God's kindness in this verse. Write out other adjectives you use to describe God.

2. What will God do for you after you have suffered a little while?

3. Describe ways that you demonstrate your trust in God.

PRAY

Father God please help me to understand that even though I go through hard situations, You are at work in my life and can make good come from every circumstance. In Jesus' name, Amen.