

30 DAYS
OF HEALING
SCRIPTURES

from

Father's Heart

BRENDA PEREZ MCKENZIE

**30 Days of Healing
Scriptures**

From Father's Heart

By Brenda Perez McKenzie

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Cover Artwork by Arron McKenzie

Dedication

I dedicate this prayer journal to all whom are seeking healing miracles and restoration within their lives. May these life giving scriptures from the Bible, shift you forward in healing to every part of your body, mind, soul and spirit.

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Introduction

Welcome to 30 Days of Healing scriptures, prayer points and prayers. Over the years, my husband, Arron, and I have prayed for many people and have seen miracles across the nations. In dealing with my recent battle with cancer, for the first time in my life I was battling for myself and not another person.

Many people have contacted us and asked us about scriptures and prayers we used during my battle. These requests led me to put together a compilation of scriptures that cover a selection of areas connected to healing for the body. Everything from, stress, grief, illness, disease, word curses, bone issues, flesh issues, the mind, the heart and the soul.

These are my favorite scriptures which brought great life and hope to me and especially during my cancer ordeal.

For each day I have added a reminder area called, a “prayer point.” The prayer point acts as a reminder to the reader to focus on a specific aspect of the scripture and/or will ask a question to pray into.

This goes alongside the “meditation and prayer” section. At times when we are in stress, pain or sickness, it can be hard to form prayers. Therefore, I added a prayer, at times, to help the reader in case they need assistance.

However, always encouraging you to pray as Holy Spirit leads you. I hope you are blessed, healed and made whole by taking a giant step forward in prayer and contending for your personal healing, by using God's word in your life.

As you enter into 30 days of prayer I would like to stand with you for your full restoration and healing.

Please contact me should you have a healing testimonial from utilizing these scriptures and prayers. We want Jesus to receive His full reward and give glory to Him, our great physician.

Every blessing in health to you.

Brenda McKenzie

Day 1
Devotional Scripture
Fear Not

Let us begin with this opening scripture to assist you with sorting out your heart in the area of fear. This will help pave the way for fear to be removed and no longer hold access to you as you pray through the rest of the healing scriptures.

Isaiah 41:10: *Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

Prayer Point

Jesus, is fear blocking healing in any area of my life?

Meditation & Prayer

Take as much time as needed to meditate on this scripture, then, ask the question and pray:

Jesus, please forgive me for walking in any level of fear. I choose to repent now of fear that I have knowingly or unknowingly allowed in my life. I receive your forgiveness.

If you have been shown fears blocking your healing, repent of them and move forward.

Day 2
Devotional Scripture
Heal & Save

Jeremiah 17:14: *Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.*

Prayer Point

This scripture is more like a declaration and a prayer.

Meditation & Prayer

Read and pray this scripture over yourself and declare His praise in the midst of your crying out to him.

Day 3

Devotional Scripture

Behold

Jeremiah 33:6: *Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.*

Prayer Point

Take note that health and healing is equated to prosperity and security in this scripture reference.

Meditation & Prayer

Ponder upon this scripture and what it means to you, today and pray as led. Here is a prayer to help, too.

Jesus, I thank you now that you will bring me to health and healing and through this miracle you will reveal to me the abundance of your prosperity and your security. I trust you in everything in my life, in the name of Jesus.

Day 4

Devotional Scripture

By His Stripes

Isaiah 53:5: *But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed.*

Prayer Point

A reminder that Jesus already took our wounds, sin, pain and transgressions by His work on the cross.

Meditation & Prayer

Take all your pain and trouble and apply them to the foot of the cross of Christ.

Father God, I choose now to take all my pain, circumstances, illness, sickness, disease and place it at the foot of the cross by the blood of Jesus. I choose now to receive Holy Spirit and fresh oil into every place in my body that has gone to the cross. In the name of Jesus, amen.

Day 5

Devotional Scripture

The Prayer of Faith

James 5:15: *And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.*

Prayer Point

Jesus, am I walking in un-belief?

Meditation & Prayer

Meditate upon the scripture and the question and pray as you are led. Here is a prayer to help.

Father God, please forgive me of sins I have committed and increase my faith so when I pray, it shall be done on Earth; as it is in heaven. In the name of Jesus.

Day 6

Devotional Scripture

Heals ALL Your Diseases

Psalm 103:2-4: *Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy.*

Prayer Point

Our body is submitted to our soul and our soul is submitted to the Holy Spirit of Father God. . Focus a command to the soul to bless the Lord, as the scripture points out.

Meditation & Prayer

Ponder and pray as led as you meditate upon this scripture. I have included a prayer, too.

Father God, I command my soul to bless you and I thank you for healing, ALL, my diseases and for redeeming me with your great loving mercy. In the name of Jesus.

Day 7

Devotional Scripture

Call Forth the Elders

James 5:14: *Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.*

Prayer Point

There are times when we may need the faith of others to help breakthrough into healing. It is a reminder for us to seek the help of other faithful believers.

Meditation & Prayer

Pray as you are led and seek the prayer of others to agree and stand with you. Here is a prayer to help.

Jesus, I thank you for drawing others of great faith to pray for me and stand with me in prayer for my one hundred percent; healing. I choose to receive the help of the body of Christ in regards to my healing, in the name of Jesus. Amen.

Day 8

Devotional Scriptures

Be in Good & Full Health

3 John 1:2: *Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.*

Psalm 41:3: *The Lord sustains him on his sickbed; in his illness you restore him to full health.*

Prayer Point

Another reference to the soul connected with the body. Some things take longer than others, patience and endurance to continue on.

Meditation & Prayer

Ponder upon these scriptures and pray as you are led. Here is a prayer for those whom may be dealing with an illness for a longer period of time.

Jesus, I command my soul to be at peace. Help me to be patient and endure until my healing arrives. I trust you Father God, in all things. In the precious name of Jesus, amen.

Day 9

Devotional Scripture

Confession is Healing

James 5:16: *Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

Prayer Point

At times, unknowingly the lack of confession of sin in our life is connected to our sickness or disease. In other words, telling someone you trust to help you forgive and release of hidden sin, can be very healing. The enemy of our soul, the devil, would like some things in our lives to remain hidden, when in fact, God wants them out in His light.

Meditation & Prayer

Take as much time as you need to pray and ask Jesus if there is actual confession to another brother or sister of a sin which needs to be spoken of, released and therefore; under the blood of Jesus never to be spoken of again.

Day 10
Devotional Scripture
Joy is Medicine

Proverbs 17:22: *A joyful heart is good medicine, but a crushed spirit dries up the bones.*

Prayer Point

Jesus, have I allowed hardship, illness, pain, sickness or disease to cause me to lose joy in life? According to the scripture, Joy is connected to bone issues.

Meditation & Prayer

Take as much time as you need to ponder upon this scripture and here is a prayer to assist you, if needed.

Jesus, please forgive me for allowing my joy to be stolen by pain, sickness, circumstances or disease. I choose to trade in my illness for new joy, and restore my bones by the blood and power of Jesus Christ. Amen.

Day 11

Devotional Scripture

Trust in the Lord

Proverbs 3:5-8: *Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.*

Prayer Point

Definition of evil: Biblically, evil is anything that contradicts the holy nature of God. Trusting the Lord and turning away from evil in this scripture says that it will be healing to our flesh and bones.

Meditation & Prayer

Pray as you are led and here is a helpful prayer.

Father God, I repent for any area in my life where I have not trusted you and knowingly or unknowingly walked in evil. I declare I will trust you and I ask you to cause me to walk righteously in all your ways, in the name of Jesus.

Day 12
Devotional Scripture
I'm Troubled

Psalm 6:2: *Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled.*

Prayer Point

Definition of the word languishing: To fall in strength, exhibit signs of approaching death. Be listless, pine, grieve, falling ill. To be weak or faint.

Meditation & Prayer

Ponder upon this scripture and here is a helpful prayer to help.

Father God, please forgive me where I have allowed languish to over-take any part of my body, mind and body. I choose to receive your great grace and healing my troubled bones, by the power and the blood of Jesus.

Day 13

Devotional Scripture

Gracious Words

Proverbs 16:24: *Gracious words are like a honeycomb, sweetness to the soul and health to the body.*

Prayer Point

A connection to words causing life. Jesus, are the words I choose to use toward others sweet? Have I cursed myself in negative self-talk?

Meditation & Prayer

Ponder upon this scripture and pray as led. Here is a prayer to help.

Jesus, I choose to forgive others whom have word cursed me or whom have not spoken well to me. I choose to release them and bless them; in the name of Jesus.

Jesus, please forgive me for word cursing myself and/or others knowingly or un-knowingly, outwardly or inwardly. Place a guard over my lips to protect me, in the name of Jesus.

Day 14
Devotional Scripture
Healing Rest

Matthew 11:28: *Come to me, all who labor and are heavy laden, and I will give you rest.*

Prayer Point

Rest is healing and when we are too busy physically or mentally, we give no room for appropriate rest.

Meditation & Prayer

Ponder what this scripture means to you and pray as led. Here is a prayer to help.

Father God, please forgive me for being too busy, whether physically or mentally. I choose to place all my burdens upon you, and in turn, receive; rest. In the name of Jesus.

Day 15
Devotional Scripture
Compassion Heals

Luke 13:12: *When Jesus saw her, he called her over and said to her, "Woman, you are freed from your disability."*

Prayer Point

A reminder that the woman whom had a bleeding issue for years whom spent all her money on doctors. It was her trust in Jesus that healed her.

Meditation & Prayer

Pray as you are led and here is a prayer to help.

Jesus, please forgive me if I have sought other means of my healing without praying and talking with you about it first. I choose to be like this woman and put all my faith in you for my healing. I seek your wisdom in the way I should go, in the name of, Jesus.

Day 16

Devotional Scripture

Healing from Distress & Grief

Psalm 31:9: *Be gracious to me, O Lord, for I am in distress; my eye is wasted from grief; my soul and my body also.*

Prayer Point

A direct connection to distress and grief. Jesus, have I allowed stress and/or grief to block me from healing or peace?

Meditation & Prayer

Ponder upon the scripture and pray through the questions and pray as you are led. Here is a prayer to help.

Jesus, please forgive me for allowing distress and grief to surpass your grace and love toward me. I choose now to repent of these actions and to receive your great grace and love to my soul, in the name of Jesus.

Day 17

Devotional Scripture

Corporate Healing

2 Chronicles 7:14: *If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

Prayer Point

A corporate healing prayer for a people, nation and their land. Another connection to trusting God and wickedness.

Meditation & Prayer

Pray as you are led and here is a prayer to help, if you need one.

Jesus, I choose to stand with my nation and humble myself to seek you and to repent for sin and wickedness on behalf of myself and my nation, by the blood of Jesus Christ. I thank you now for forgiving my nation of their sins and healing our land. Thank you Jesus.

Day 18

Devotional Scripture

Healing for the Brokenhearted

Psalm 147:3: *He heals the brokenhearted and binds up their wounds.*

Prayer Point

Father God, am I brokenhearted?

Meditation & Prayer

Take as much time as you may need to ponder upon this scripture and the question, and pray as led.

Father God, I ask you to heal anywhere in my heart or body that is connected to brokenness. I ask you now to heal my broken heart. I choose to give you all the broken places within my heart, mind, soul and body and in exchange, give me the Holy Spirit and new life and joy. Thank you Jesus for binding up my wounds and healing me.

Day 19

Devotional Scripture

Healing from Destruction

Psalm 107:20: *He sent out his word and healed them, and delivered them from their destruction.*

Prayer Point

God's word and connection to destruction.
Jesus, have I allowed destruction into my life?

Meditation Moment

Ponder upon this scripture and ask the questions. Here is a prayer to help.

Jesus, I thank you for your healing words in my life and I ask you to forgive me where I have allowed any type of destruction knowingly or un-knowingly into my life. Deliver me and heal me; by the blood and power of Jesus.

Day 20

Devotional Scripture

Healing from Demonic Oppression

Acts 10:38: *How God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him.*

Prayer Point

Jesus was purposeful in healing all whom were oppressed by the devil.

Jesus, am I under oppression produced by the devil?

Meditation Moment

Ponder upon this scripture and ask the question. Here is a prayer to help.

Jesus, I apply this scripture to my life right now and I give you permission and ask you to deliver me from all oppression from the devil upon my life. I ask now for your Holy Spirit to fill me with fresh healing oil, by the blood and power of Jesus.

Day 21
Devotional Scripture
Unbelief Blocks Healing

Matthew 13:58: *And he did not do many mighty works there, because of their unbelief.*

Prayer Point

Jesus, have I allowed doubt and un-belief to block my healing?

Meditation Moment

Ponder upon this scripture and ask the question. Here is a prayer to assist you.

Jesus, I repent for the sin of doubt and un-belief. I choose to break covenant with doubt and un-belief in my life and ask you now to forgive me. I choose to receive your forgiveness. I receive your Holy Spirit and a new level of faith. I declare that your healing power works today and I receive your healing power into my body, now, today, by the blood and power of Jesus. Amen.

Day 22

Devotional Scripture

Righteousness Gives Me Life

Psalm 119:40: *Behold, I long for your precepts; in your righteousness give me life!*

Prayer Point

The definition of precepts: A general rule intended to regulate behavior or thought. Principal, rule, doctrine, command, decree and commandment.

Meditation Moment

Ponder upon what this means to you today. Here is a prayer to help.

Jesus, forgive me if I have not followed your precepts. I receive your forgiveness and help me to walk in greater righteousness that gives me new life, in the name of Jesus.

Day 23

Devotional Scripture

Healing in Mercy

Matthew 9:27: *And as Jesus passed on from there, two blind men followed him, crying aloud, "Have mercy on us, Son of David."*

Prayer Point

Here we see mercy tied to healing in the case of these two blind men. Are you in need of God's mercy?

Meditation & Prayer

Ponder how this scripture applies to you today. Here is a prayer to help.

Jesus, I humble myself before you and cry out to you for your loving mercy in my life. I thank you, in faith, for your loving mercy and grace and apply it over my life, today. In the name of Jesus.

Day 24

Devotional Scripture

Faith to Heal Others

John 4:47: *When this man heard that Jesus had come from Judea to Galilee, he went to him and asked him to come down and heal his son, for he was at the point of death.*

Prayer Point

Faith beyond the laying on of hands. There is no distance in the spirit for healing.

Meditation & Prayer

Ponder upon this scripture and here is a prayer to help.

Jesus, I choose to elevate my faith right now for you to heal me, just say the word, and I will be healed.

Thank you for your words and people whom you have sent to me to love and encourage me, in the wonderful name of Jesus. Amen.

Day 25

Devotional Scripture

Healing from Judgements

Isaiah 54:17: *No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord."*

Prayer Point

Judgements and vindication is the Lord's.

Meditation & Prayer

Meditate upon this scripture and ask the Lord to show you where you need to release judgements that have created a weapon toward you. Here is a prayer to help.

Jesus, I choose to forgive and release every negative word curse and judgements that has been created in the Spirit realm; a weapon fashioned against me for destruction. I choose to forgive every word of destruction and judgement against me by the power and the blood of Jesus.

Day 26

Devotional Scripture

Healing in Peace within the Heart & Mind

Philippians 4:6-7: *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Prayer Point

Anxiousness and stress can cause us to forget our peace in life. Refocus on prayer and thanksgiving to God as a reset.

Meditation & Prayer

Ponder upon this word and how you can apply it daily into your life. Here is a prayer to help.

Jesus, please forgive me for being anxious about many things. I choose to let all my stress go to the foot of the cross and I exchange it for your peace that surpasses all understanding; by the blood and power of Jesus.

Day 27

Devotional Scripture

Healing from Theft & Loss

John 10:10: *The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.*

Prayer Point

Satan has three jobs; to kill, steal and destroy. Jesus has one job, to give life and abundant life.

Meditation & Prayer

Ponder upon the areas of your life where you have felt stolen from and choose to release. Here is a prayer to help.

Jesus, please forgive me if I have believed the thief (the devil) has more power than you. Please forgive me for allowing good spiritual things to be stolen from me and I ask you to cover me by your blood, Jesus, so I will no longer be stolen from either in the natural or the spiritual. I choose life! In the name of Jesus.

Day 28

Devotional Scripture

Healing through Submission to God

James 4:7: *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

Prayer Point

Being in covenant with Jesus is easy resistance from the devil. Jesus, am I fully submitted and in covenant with you?

Meditation & Prayer

Ponder upon this word and ask the question and pray as you are led. Here is a prayer to help.

Jesus, help me to be fully submitted to you in every area of my life and I choose to declare that I am in covenant with you. I choose to resist the devil in any area in my life by the power and blood of Jesus. Amen.

Day 29
Devotional Scripture
Healing in His Word

Proverbs 4:20-22: *My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.*

Prayer Point

His word is like a sword; to give life and healing to the flesh.

Meditation Moment

Ponder upon this scripture and how it applies to you today. Here is a prayer to help.

Jesus, please forgive me if my ears have been closed to your word. I choose to open my ears to hear and be attentive to your very breath. Sear your word upon my heart and cause me to find new life in them. In turn, you will heal my flesh to submit to your spirit; by the power and the blood of Jesus.

Day 30

Devotional Scripture

Arnon's Blessing Over You

Numbers 6:24-27: *The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace. "So shall they put my name upon the people of Israel, and I will bless them."*

Prayer Point

Make this a personal prayer, read it out loud and pray it over yourself as a personal blessing and turn it into a declaration. Here is a prayer, too.

Meditation & Prayer

Ponder upon this scripture and receive it fully.

I choose to take this time to thank you Jesus for your full healing and restoration in my life. You have begun a work within me and I am prepared and ready for this work of healing to be completed within me. I choose to bless myself and move forward into your plan, calling and destiny for me. In the precious name of Jesus. Amen.

Glosing Words

It is my prayer that you have been blessed by reading these incredible healing scriptures and prayers over your life.

I encourage you to use these scriptures and prayers often, until you experience breakthrough in your healing.

I pray for courage, patience and endurance as you press in for your healing.

I bless you and extend my love and prayers for you, in the precious name of Jesus.

I would love to hear from you, too. If you have experienced healing utilizing this devotional, please send us your testimony at arronandbrenda@gmail.com.

Love in Christ,
Brenda McKenzie

About the Author

Brenda McKenzie is an Ordained Reverend with Iris Global Ministries and has been married for 31 years to Arron McKenzie. They are in full-time ministry and over the past 17 years, they have ministered together in many nations. Brenda carries a breaker anointing in healing, restoration and in the prophetic. She continues to write, teach, paint and minister.

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