

10 Mindsets that Invite Physical Healing





1. Fear of the Lord

“Be not wise in your own eyes; fear the Lord, and turn away from evil. 8 It will be healing to your flesh and refreshment to your bones.”

--Proverbs 3:7-8 ESV

2. A tranquil heart, making peace with God and others, good news of peace

“A tranquil heart gives life to the flesh, but envy makes the bones rot.”

--Proverbs 14:30 ESV

“But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.”

--Isaiah 53:5 ESV

“As for the word that he sent to Israel, preaching good news of peace through Jesus Christ (he is Lord of all), **37** you yourselves know what happened throughout all Judea, beginning from Galilee after the baptism that John proclaimed: **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.”

--Acts 10:36-38 ESV



3. Faith

“A wicked messenger falls into trouble, but a faithful envoy brings healing.”

--Proverbs 13:17 ESV

And he said to her, “Daughter, your faith has made you well; go in peace, and be healed of your disease.”

--Mark 5:34 ESV

“And his name—by faith in his name—has made this man strong whom you see and know, and the faith that is through Jesus has given the man this perfect health in the presence of you all.”

--Acts 3:16 ESV



4. Perseverance

“For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

12 Therefore lift your drooping hands and strengthen your weak knees, **13** and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.”

--Hebrews 12:11-13 ESV



5. Honesty, confession, forgiveness

“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. **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.”

--James 5:15-16 ESV

“Bless the Lord, O my soul, and forget not all his benefits, **3** who forgives all your iniquity, who heals all your diseases, **4** who redeems your life from the pit, who crowns you with steadfast love and mercy, **5** who satisfies you with good so that your youth is renewed like the eagle's.”

--Psalm 102:2-5 ESV



6. Love, compassion, [moving from self-pity to] providing value to others who are weak or struggling

Blessed is the one who considers the poor! In the day of trouble the Lord delivers him; **2** the Lord protects him and keeps him alive; he is called blessed in the land; you do not give him up to the will of his enemies. **3** The Lord sustains him on his sickbed; in his illness you restore him to full health. **4** As for me, I said, "O Lord, be gracious to me; heal me, for I have sinned against you!"

--Psalm 41:1-4 ESV



7. Joy, good news of great joy

“A joyful heart is good medicine, but a crushed spirit dries up the bones.”

--Proverbs 17:22 ESV

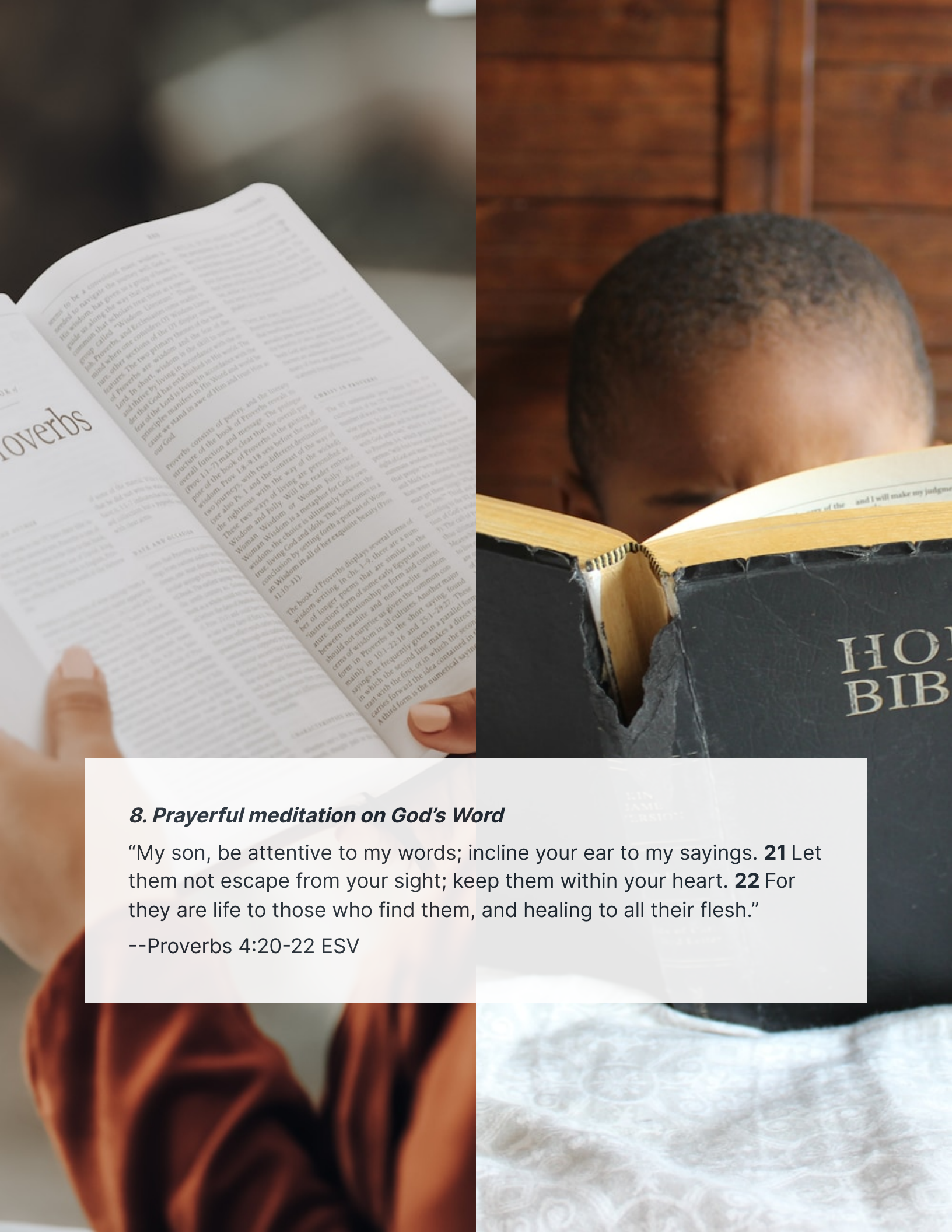
And the angel said to them, “Fear not, for behold, I bring you good news of great joy that will be for all the people. **11** For unto you is born this day in the city of David a Savior, who is Christ the Lord.

--Luke 2:10-11 ESV

How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, “Your God reigns.”

--Isaiah 52:7 ESV





8. Prayerful meditation on God's Word

“My son, be attentive to my words; incline your ear to my sayings. **21** Let them not escape from your sight; keep them within your heart. **22** For they are life to those who find them, and healing to all their flesh.”

--Proverbs 4:20-22 ESV

9. Gracious words, good news of grace

“Gracious words are like a honeycomb, sweetness to the soul and health to the body.”

--Proverbs 16:24 ESV

“So they remained for a long time, speaking boldly for the Lord, who bore witness to the word of his grace, granting signs and wonders to be done by their hands.”

--Acts 14:2 ESV

“But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.”

--Acts 20:24 ESV



10. The good news of Jesus Christ, the gospel of the Kingdom

“The light of the eyes rejoices the heart, and good news refreshes the bones.”

--Proverbs 15:30 ESV

“And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.”

--Matthew 4:23 ESV

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed,

--Luke 4:18 ESV

