

HEALING PRAYERS FOR EVERY DAY

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A SCRIPTURE READING,
A REFLECTION, AND A PRAYER

Illustrated



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HE Lord is my Shepherd; there is nothing I shall lack.

—Ps 23:1

JAN.
17

REFLECTION. We have the Lord Jesus to guide us and walk with us in the valleys and mountain tops of life.

He does not just give advice, but He comes with us day by day, living within us. Every step along the way is healing.

PRAYER. *Lord, You are my Shepherd and are always with me. You never leave me alone. May I be aware of Your loving presence within me daily.*



HE MAKES me lie down in green pastures; He leads me to tranquil streams.

—Ps 23:2

JAN.
18

REFLECTION. Over ninety percent of the body is water. It covers the earth and nourishes all living things.

In the Old Testament, God promised water for the soul. In the New Testament, His Divine Son was baptized with water. Now Jesus shows His Divine Life on us as living water.

PRAYER. *O Lord, make me thirst for Living Water and let Your healing love drench me.*



MEN, I say to you, whoever does not receive the Kingdom of God like a little child will never enter it." And He took them up in His arms, laid His hands on them, and blessed them. —Mk 10:15-16

FEB.
10

REFLECTION. Because of their innocence children feel that God will grant whatever they desire.

We must be like children and bring before the Father our heart's desires.

PRAYER. *God the Father, increase my faith so that I can come to You like a child knowing that Your immeasurable love for each of us is our heart's desire. Let me feel Your loving embrace today.*



ESUS said to him, "What do you want Me to do for you?" The blind man said to Him, "Rabbi, let me receive my sight." Jesus said to him, ". . . Your faith has made you well." Immediately he received his sight.

—Mk 10:48-52

FEB.
11

REFLECTION. Have you ever felt like the blind man? Perhaps you were ignored or forgotten because of sin or unforgiveness in your life.

Through the healing Sacrament of Reconciliation allow Jesus to bring sight to your eyes and hope to your heart.

PRAYER. *Lord Jesus, open my eyes to any unforgiveness and sin in my life, so that I may walk in Your light and see things in a new way.*



WITH the Lord to protect me I am not afraid. What can mortals do to me?
—Ps 118:6

JULY
21

REFLECTION. Jesus tells me not to fear those who can kill the body but rather to fear the ones who can kill the soul. We should make our soul our first priority. Then we will find happiness in living as Jesus did.

As we care for our soul, we receive healing in every area of our life.

PRAYER. *Father, give me a sense of making my soul my first and greatest interest and concern and then I know that many other things will fall into place. I ask now for the greatest healing I need as I surrender my soul and life to You.*



IT IS better to take refuge in the Lord than to place your trust in mortals. It is better to take refuge in the Lord than to place your trust in princes.
—Ps 118:8-9

JULY
22

REFLECTION. Human beings often have good intentions but sometimes fail because of unseen factors. That is why it is best to put our trust in God, seeking His touch and direction for healing.

We never go wrong believing in the Lord's love and trusting He will see us through any situation.

PRAYER. *Lord Jesus, I believe in Your great love for me, and I know that You want to heal me. You alone are Wisdom and Strength.*



OUR hands have created and formed me; grant me understanding so that I might learn Your precepts. —Ps 119:73 **AUG. 8**

REFLECTION. Spiritually, the Lord will give us deeper insight if we are open to Him. We will intuitively see the deeper implications of natural and supernatural truths.

Old people frequently say, “Life is short.” Let us not miss opportunities to know, love, and serve God.

PRAYER. *Holy Spirit, please give me insight into life and Your commands. Truly, these are the safeguards for my life. Also heal my prejudices that may mislead me in my journey.*



RANT me Your compassion so that I may live, for Your law is my delight. —Ps 119:77 **AUG. 9**

REFLECTION. The teaching of Jesus Christ is one of total compassion and forgiveness and He desires that we might have abundant life (Jn 10:10).

It should be our delight that He always seeks our healing and our happiness.

PRAYER. *Lord Jesus, thank You for Your compassion, which is ever present. Touch me where I have been asking for Your wholeness and healing.*