



7 PRAYERS

— *for my* —

PHYSICAL  
HEALTH

Healing and Hope for Every Need



## INTRODUCTION

When God promises “. . . *for I am the LORD, who heals you,*” (Exodus 15:26), He speaks not just to ancient Israel but to you, today, in whatever situation you’re facing. Throughout our 60 years of ministry, we’ve prayed with countless people just like you — in hospital rooms and living rooms, in moments of crisis and quiet healing. We’ve witnessed God’s faithfulness transform exhausted bodies into vessels of strength and anxious minds into harbors of peace.

That’s why we have created this resource with you in mind. Think of this book as a heart-to-heart conversation between friends. These aren’t just words on a page — they’re invitations to pour out your heart to the One who created it.



*James & Betty Kelso*

*People with their minds set on you, you keep completely whole, steady on their feet, because they keep at it and don't quit. Depend on GOD and keep at it because in the LORD GOD you have a sure thing.*

ISAIAH 26:3-4 (MSG)



# STRONG AND ALIGNED SPINE

## PRAYER

Heavenly Father,

I come before You, seeking Your healing touch upon my spine. You are the One who knit me together in my mother's womb, and You know every bone, joint and nerve in my body. Lord, I ask that You align my spine, strengthen my vertebrae and restore any areas of pain, tension or misalignment. Let Your healing power flow through every nerve and muscle.

I surrender this pain to You, believing that Your touch renews and restores.

*In Your powerful name,  
I pray, Amen.*



# HEALTHY HEART

## PRAYER

Dear Heavenly Father,

Thank You for the miracle of my heart's faithful rhythm — for You sustain the very cadence of my life. You are my heart's strength and shield. Lord, I pray that You'd guard the health of my heart. Protect me against heart disease, Father, and guide me toward heart-healthy choices, taking care of the body You have given me. Help me close the gates on harmful foods and continue to lend me Your strength and discipline to exercise regularly. And Lord, let my heart always leap for joy, that I would live full of joy with a song that praises You..

*In the powerful name of Jesus,*

*Amen.*



# BALANCED BLOOD SUGAR

## PRAYER

Lord God,

You alone make me prosper. Be my rising sun, bringing warmth and energy to my body and life. May my soul flourish and my body mirror the renewal of Your Holy Spirit. I pray for stable and healthy blood sugar levels. Let my pancreas function at full capacity and my cells respond properly to insulin. Lord, help me refrain from overeating and the stress-releasing hormones that can raise my blood sugar. Keep me from illness and infection. Help me manage stress well and eat balanced meals regularly. Thank You that I don't have to be perfect to come to You. You are waiting for me, longing to show me the path to freedom and health.

*I praise You for it,  
in Jesus' name I pray, Amen.*



# CHRONIC PAIN

## PRAYER

Lord,

I come to You when the pain is overwhelming and consuming. How long will I struggle? Have mercy on me, O God. Thank You that You made my body. I entrust myself to Your caring and healing hands. Bring relief to every nerve, muscle and tender point. And help me process the grief and frustration when I feel chronic discomfort. I know You hear my cry and accept my prayer. I believe You are my Restorer, and my times are in Your hands. Save me because of Your unfailing love.

*In Jesus' name,*

*Amen.*



# PROTECTION FROM ILLNESS

## PRAYER

Father,

I've seen the power of Your Word through prayer. You transform brokenness into wholeness and anxiousness into complete peace. You take sick or failing bodies and give layers of healing through the gentle and faithful touch of the Holy Spirit. So I now ask for Your promised protection from illness. At times I feel exposed and vulnerable to illness. But You say in Your Word that you will protect Your people from disease, and I take You at Your Word. Guard me from the threats I cannot see. I trust Your protection, Lord, beyond medical understanding. Thank You for being my ultimate health shield.

*In Your powerful name,  
I pray, Amen.*



# ENERGY

## PRAYER

Dear Heavenly Father,

I can feel tired and weary at times. But I know that You give me both the power and desire to do Your will. So infuse me with Your very life force. Lord, I pray for sustained energy and vitality throughout each day. When I feel weary, You promise that I can come to You, Lord Jesus, and You will restore me. May I take on Your yoke and learn from You. Let me receive energy deep within so that my mind, body and spirit align with the life and strength You designed for me. I want to live in the full power of Your Holy Spirit! Let my energy be Your energy, giving me the power to do all that pleases You.

*In Jesus' name,  
Amen.*



# CALMING ALL INFLAMMATION

## PRAYER

Lord,

I praise You for Your abundant mercy. Thank You for the health and healing you bring to Your people. Lord, resolve any inflammation in my body. Holy Spirit, flow through me like heaven's tide — where the ebb and flow of Your power brings cleansing and restoration to every part of my body. Go to the places of injury or infection, and let Your peace calm all inflammation. Carry away discomfort, Lord. And repair places of pain, that I might enjoy abundant peace and security as You promised. Thank You for Your healing presence. I trust You unreservedly.

*Praise Your wonderful name,  
Jesus, Amen.*

*LIFE Outreach International* is a Christian organization dedicated to sharing the transforming truth of God's love in word and deed. The ministry encourages the support of missions and relief programs in areas of need throughout the world. Utilizing the tremendous potential of broadcast media to fulfill the mission, *LIFE Outreach* inspires believers to share the promise of life and hope with others.

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