



## Prayer for Our Bodies

Heavenly Father,

We come before You with hearts full of faith and hope, believing in Your power to bring healing and restoration to our bodies. We acknowledge that You are the Great Physician, the One who heals the brokenhearted and binds up their wounds.

Lord, we lift up our bodies to You, knowing that You knit us together in our mother's womb and that You care deeply for our well-being. We ask for Your healing touch to rest upon us, bringing comfort to our pain, strength to our weakness, and restoration to our brokenness.

We pray for physical healing, Lord, knowing that You are able to do immeasurably more than we could ever ask or imagine. Whether we are facing illness, injury, or chronic conditions, we trust in Your promise to be our healer. Isaiah 53:5 declares, *'But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.'*

Lord, we also pray for emotional and spiritual healing, recognising that our bodies are interconnected with our hearts and minds. Heal any wounds of the past, bring peace to our troubled souls, and fill us with Your joy that surpasses all understanding. Psalm 147:3 assures us, *'He heals the brokenhearted and binds up their wounds.'*

Father, we commit our bodies into Your loving hands, trusting in Your goodness and faithfulness. Help us to trust in Your timing and Your ways, knowing that You work all things together for our good. May Your healing power flow through us, bringing glory to Your name.

We declare today, *'As for our bodies, we will trust in the Lord for healing and restoration.'* May this declaration guide our thoughts, our words, and our actions as we walk in faith and hope.

In Jesus' name, Amen

