

**Father Illuminate Your Word in My Heart
That I May Reflect the Love of Jesus
All the Days of My Life.**



Sanctify (set apart as holy) them by the truth; Your word is truth.

John 17:17

Complete Healing — Spirit, Soul, and Body

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." — **2 Thessalonians 5:23**

God's desire is not just to heal one part of us, but to make us whole—spirit, soul, and body. Healing in each area often overlaps, but understanding the distinction helps us cooperate with His work more fully.

Healing the Spirit – Salvation and Connection with God

Our spirit is 100% healed (redeemed) and made alive when we receive Jesus.

Step: Receive Christ by faith.

John 3:6 — "That which is born of the Spirit is spirit."

Romans 10:9–10 — "If you confess... and believe... you will be saved."

Practice: Daily fellowship with God through prayer and the Word.

Galatians 5:16 — "Walk in the Spirit..."

Healing the Soul – Mind (Conscious & Sub-Conscious), Will, and Emotions

The soul is renewed by truth and transformed over time. (Process of Sanctification)

Step: Renew your mind with God's Word.

Romans 12:2 — "Be transformed by the renewing of your mind."

Practice: Identify lies and replace them with truth.

Psalms 23:3 — "He restores my soul..."

Step: Release emotional wounds to Jesus.

Isaiah 61:1 — "He has sent Me to heal the brokenhearted..."

Healing the Body – Physical Restoration

God still heals physically, through both supernatural and natural means.

Step: Ask in faith and anoint if needed.

James 5:14–15 — "Is anyone among you sick? Let them call on the elders..."

Practice: Care for your body (rest, nutrition, exercise).

1 Corinthians 6:19–20 — "Your body is a temple..."

Closing Thought:

Healing in all areas is available through Christ. Walk with Him daily, cooperate with His Spirit, and trust His process—He heals completely.

Prayer:

Father, I thank You for being the God of peace who heals and restores every part of me—spirit, soul, and body. I receive **the finished work of Jesus** in my life. Thank You for saving my spirit, renewing my mind, and strengthening my body. Let Your healing be fully manifested in me. Help me to walk in alignment with Your Word and trust Your process. I believe You are making me whole, and I give You all the glory. In Jesus' name, Amen.

The Finished Work of Christ

"It is finished!" — John 19:30

When Jesus spoke the words "It is finished" on the cross, He wasn't just referring to His suffering—He was declaring that the full price for our redemption had been paid. Nothing more needs to be added. His work is complete, and we now live from that victory.

What Did Jesus Finish?

Our Sin Was Paid For

Jesus took the punishment we deserved so we could be forgiven.

Isaiah 53:5 — "He was wounded for our transgressions... and by His stripes we are healed."

Our Relationship with God Was Restored

The barrier of sin was removed, and we now have access to God.

Hebrews 10:19–20 — "We have confidence to enter the Most Holy Place by the blood of Jesus."

Our Freedom Was Purchased

Through the cross, Jesus broke the power of sin, shame, and the devil.

Colossians 2:15 — "Having disarmed principalities... He made a public spectacle of them."

Our Wholeness Was Secured

Spirit, soul, and body healing is part of the cross.

1 Peter 2:24 — "By His wounds you were healed."

Summary:

The finished work of Christ means everything needed for your salvation, healing, and freedom has already been provided. You don't need to earn it—just believe it, receive it, and walk in it.

Help Me Unfollow: Bitterness

Based on Ephesians 4:26-27, 29-32

Lord, help me deal with anger righteously.

“Be angry and do not sin; do not let the sun go down on your anger...” (v.26)

Father, when I feel anger rising, help me pause, reflect, and respond with grace instead of reacting in sin.

I refuse to give the enemy a foothold.

“...and give no opportunity to the devil.” (v.27)

Lord, close every door I've left open through resentment or grudges. I surrender those places to Your healing.

Let my words build, not break.

“Let no corrupting talk come out of your mouths, but only such as is good for building up...” (v.29)

Father, train my tongue. Let my speech bring hope, healing, and encouragement—even when I'm hurt.

Grieve not the Holy Spirit in me.

“And do not grieve the Holy Spirit of God...” (v.30)

Holy Spirit, make me sensitive to Your presence. Remind me that bitterness and unkindness quench Your work in me.

I renounce all bitterness and its cousins.

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.” (v.31)

Father, I lay down every trace of bitterness, wrath, and unforgiveness. Help me unfollow these destructive habits.

Make me kind and tenderhearted.

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (v.32)

Lord, soften my heart. Let Your forgiveness shape mine. Help me extend the same grace You daily show me.

Father, help me to be obedient to Your Word, that I may walk in forgiveness.

Your Word in Romans 12:14 says, *"Bless those who persecute you; bless and do not curse."* Lord, this is not easy—but I want to live in alignment with Your heart, not my emotions. Help me surrender my pride, my pain, and my desire for revenge.

Teach me to bless those who've hurt me, even when I don't feel like it. Let my response reflect Your grace, not my offense. I confess that sometimes I hold on to bitterness, but I ask You now to uproot it from my heart. May Your Spirit empower me to forgive as I've been forgiven. Let obedience become my posture, even when my feelings say otherwise. I want to walk in freedom, not in bondage to unforgiveness. Shape me, Lord, to look more like Jesus—merciful, compassionate, and full of love. **In Jesus' name, Amen.**

Forgiveness is granted externally before it is felt inwardly – Romans 12:14

Father, help me to be obedient to Your Word, that I may walk in forgiveness. Your Word in Romans 12:14 says, *"Bless those who persecute you; bless and do not curse."* Lord, this is not easy—but I want to live in alignment with Your heart, not my emotions. Help me surrender my pride, my pain, and my desire for revenge. Teach me to bless those who've hurt me, even when I don't feel like it. Let my response reflect Your grace, not my offense. I confess that sometimes I hold on to bitterness, but I ask You now to uproot it from my heart. May Your Spirit empower me to forgive as I've been forgiven. Let obedience become my posture, even when my feelings say otherwise. I want to walk in freedom, not in bondage to unforgiveness. Shape me, Lord, to look more like Jesus—merciful, compassionate, and full of love. **In Jesus' name, Amen.**

Thank You for godly sorrow that leads me to true repentance.

2 Corinthians 7:10 "For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death."

1 John 1:9 "But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness."

Father, I don't want to just feel bad—I want to be changed. Search my heart and cleanse me of anything that grieves You. I confess my sins, trusting that You are faithful and just to forgive and purify me. Thank You for mercy that restores and grace that transforms. Keep me close to Your heart. **In Jesus' name, Amen.**

Father, thank You for Your grace. Based on Romans 8:1

Your Word says, *"There is now no condemnation for those who are in Christ Jesus."*

Because of Jesus, I am no longer bound by guilt or shame.

You've lifted the weight of my past and clothed me in mercy.

Thank You for the freedom that comes from Your grace.

Help me to live each day in the confidence of Your love and the peace of Your forgiveness. **In Jesus' name, Amen.**

New Perspective on Forgiveness

Based on Matthew 18:23-35

Father, remind me how much I've been forgiven.

Lord, open my eyes to the weight of the debt I owed You—my sin, my pride, my rebellion—and how You canceled it all through Jesus.

Thank You, Jesus, for paying a price I could never repay.

When I struggle to forgive, anchor me in the cross. Let the reality of Your mercy humble and soften my heart.

Forgive me for holding others to a standard You released me from.

Lord, help me not to demand apologies or justice from others in ways that contradict the mercy You've extended to me.

Free me from the prison of unforgiveness.

Like the unforgiving servant was handed over to torment, show me how unforgiveness traps me—not them. Help me release them, for my healing too.

Teach me to reflect Your kingdom values—not human fairness.

Remind me that the Kingdom of Heaven operates on grace, not keeping score. Let me love beyond what's "deserved."

Give me the strength to forgive as I've been forgiven.

Even if the apology never comes, help me let go. I don't want to carry what You already died to set me free from.

Reflection Thought:

The more I focus on what I think someone “owes” me, the more I forget the mercy God poured out on me. Jesus didn’t just cancel my debt—He paid it in full with His blood.