

30 Days of Prayer

Day 18

Psalm 30:1-5

¹I will extol you, O LORD, for you have drawn me up,
and did not let my foes rejoice over me.

²O LORD my God, I cried to you for help,
and you have healed me.

³O LORD, you brought up my soul from Sheol,
restored me to life from among those gone
down to the Pit.

⁴Sing praises to the LORD, O you his faithful
ones,
and give thanks to his holy name.

⁵For his anger is but for a moment;
his favor is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.

God of healing and wholeness,

When I am in peril you protect me, even though I am often unable to recognize your divine protection in the midst of worldly danger. When I am sick you heal me, even though I am often unable to recognize enduring wellness in the midst of temporary illness. When I am dying you offer me life, even though I am often unable to recognize true and everlasting life in the midst of bodily death. All I can do is trust that your promises are real, and that my life is in your hands.

Help me remember what it means that my life is yours. Help me recognize that in you there is peace, wellness, patience, trust, faithfulness, joy, and life. Grant me a peace that the things of this world that tug on me and pull me away from your presence and your truth will not ultimately win. You are Lord. There is nothing else and no one else above you. Praise God!

I boldly ask for your healing and protection, Lord, from the things of this world that separate me from you. I ask for healing of body, mind, and spirit, and that I may know you without doubt and without hesitation. I will have faith, Lord, that I can give of myself in faith, and with gratitude and grace because you are the creator, owner, and caretaker of all things. Everything you have created is glorious, and you have created me in your image. Thank you for making me yours. In the name of Christ,

Amen.

Our Lord God protects us from evils and dangers that we face. He heals us from illness and disease. It's often hard to recognize because sometimes that protection and healing comes in forms we are not familiar with. Sometimes protection comes in keeping us from things that endanger our souls. Sometimes healing is for mind, soul, and spirit instead of body.

At the same time, God wants us to ask boldly for protection from bodily harm. He wants us to ask boldly for healing from bodily sickness. Ask for big things, for the blessings of God may be big, too.