
Health & Healing

Scripture Meditation Cards

Introduction to Scripture Meditation

Anyone who studies Joshua 1:8 and Psalm 1:1-3 will see the importance our Father places upon meditating on His Word. He promises wonderful rewards to His children who meditate day and night on the holy Scriptures. We recommend that you begin your meditation on these Scripture cards by reading all 52 cards through completely. This first reading will give you an overview of the entire content of these Scripture cards. Then, you can meditate on one card at a time. Every word has been prayerfully written to help you operate in God's power to receive health and healing.

What is Scripture meditation?

When we meditate on a passage of Scripture, we reflect quietly, deeply and thoroughly over a period of time on specific instructions and promises from God. We should always pray before we meditate, asking the Holy Spirit to teach us the meaning of each passage of Scripture as a personal message from God. We recommend that you insert your name into every possible Scripture reference to further personalize this message from God to you. Obey God's instructions to reflect on each passage of Scripture throughout the day and night. Turn it over and over in your mind. Look at it from every possible angle. The Word of God will come alive in your heart if you will meditate continually on these passages of Scripture.

We use the Amplified Bible because it does exactly what it says – it amplifies. Our goal in Scripture meditation is to be conformed to the image of Christ and to dwell in God's presence. The amplification will help to accomplish this goal. Bible scholars spent more than 20,000 hours amplifying the Bible to add clarification from the original Hebrew and Greek. This amplification (indicated by brackets, parenthesis and italics) is very helpful to anyone who sincerely desires to meditate on God's Word.

Card #1 – Learn the truth about healing

"... You will know the truth and the truth will set you free." (John 8:32).

Are you sick? Would you like to know exactly what the Bible says about healing? The Bible is filled with Truth pertaining to God's instructions and promises regarding healing. Learn and obey God's instructions. Believe God's promises. They will enable you to be set free from sickness.

Make the decision now to learn exactly what the holy Scriptures say about divine healing. Be willing to invest the time needed to set aside any and all beliefs that do not line up with the facts from the Word of God. Decide for yourself if you want to believe wholeheartedly that the Lord will heal you.

"... I am the Lord Who heals you" (Exodus 15:26).

Card #2 - Do not forget any of God's benefits.

"Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not (one of) all his benefits – Who forgives (every one of) all your iniquities, Who heals (each one of) all your diseases..." (Psalm 103:2 – 3).

We should praise the Lord continually. We should not forget any of the benefits He has provided for us. Our Father knew we couldn't save ourselves, so he sent his son to provide for our salvation. God knew we couldn't heal ourselves, so He sent His to provide for Our Healing.

The same passage of Scripture that says that God forgives all of our iniquities also says that God heals all of our diseases. Should we believe one portion of a passage of Scripture and reject another? Can you believe that God Who has saved your soul also has healed your body?

Card #3 - Jesus Christ has paid the price in full.

He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. By His wounds you have been healed. (1 Peter 2:24).

We cannot separate Jesus as our Savior from Jesus as our Healer. Jesus Christ bore our sins in his body when he died on the tree (the cross). Jesus Christ was wounded to provide for our healing.

Please note the past tense of the words "you have been healed." We already have been healed because of the price that Jesus Christ paid. As our faith in God becomes stronger and as we persevere in faith, we will be blessed to see our healing come into manifestation.

"... The Lord will take away from you all sickness..." (Deuteronomy 7:15).

Card #4 – Jesus Christ bore our sicknesses

"Surely He has borne our grief's (sicknesses, weaknesses, and distresses) and carried our sorrows and pains (of punishment)..." (Isaiah 53:4).

More than 700 years before the birth of Jesus Christ, Isaiah prophesied that Jesus would bear our griefs. The amplification of this passage of Scripture includes sicknesses as part of the grief Jesus Christ has borne for us.

The New Testament tells us that Jesus Christ fulfilled this prophecy from Isaiah. Jesus took our weaknesses and infirmities upon himself. He bore away our diseases.

"... He fulfilled what was spoken by the prophet Isaiah. He himself took (in order to carry away) our weaknesses and infirmities and bore away our diseases" (Matthew 8:17).

Card #5 - Jesus Christ suffered as our substitute.

"... Pilate took Jesus and scourged (flogged, whipped) Him" (John 19:1).

Before Jesus was crucified for our sins, he was scourged for our sicknesses. Pontius Pilate ordered his soldiers to whip Jesus.

Jesus paid for our sins by shedding His blood on a cross at Calvary. He also shed His blood when he was wounded for our sicknesses at a whipping post. Jesus took upon himself the stripes (wounds caused by lashes from a whip) that enable us to be healed and made whole.

"... He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement (needful to obtain) peace and well-being for us was upon him, and with the stripes (that wounded) Him we are healed and made whole in" (Isaiah 53:5).

Card #6 - Jesus Christ took sickness upon himself.

" (For many the Servant of God became an object of horror; many were astonished at him.) His face and his whole appearance were marred more than any man's, and his form beyond that of the sons of men..." (Isaiah 52:14).

Jesus Christ was whipped so badly that people were horrified to look at Him. They were astonished by the results of the whipping. Jesus paid such a price for our healing that his face and His whole appearance were marred more than any man's. Jesus Christ fulfilled God's will by the bruises He suffered at the whipping post. God sent Jesus to earth to be put to grief. God made Him sick so that we could be made whole.

"... It was the will of the Lord to bruise Him; He has put Him to grief and made him sick..." (Isaiah 53:10).

Card #7 - Jesus Christ has not changed.

"Jesus Christ (the Messiah) is (always) the same, yesterday, today, (yes) and forever (to the ages)" (Hebrews 13:8).

Jesus Christ is the same today as He was 2000 years ago. He wants to heal you today just as He healed every sick person who was brought to Him then. Jesus Christ still stretches out His hands to heal the sick. The age of miracles has not passed.

The healing promises in the Bible are just as reliable today as they were many years ago. Our Father hasn't withdrawn any of His blessings. The Bible says that the Lord's faithfulness endures to all generations.

"... The Lord is good; His mercy and lovingkindness are everlasting. His faithfulness and truth endure to all generations" (Psalm 100:5).

Card #8 - Our Father wants us to renew our minds.

"... Be constantly renewed in the spirit of your mind (having a fresh mental and spiritual attitude)..." (Ephesians 4:23).

We renew our minds by studying the Bible. Our Father wants us to renew our minds constantly. If we obey these instructions from God, we will have a fresh mental and spiritual attitude.

Many doctors believe that our minds are powerful enough to cause us to be sick. If this statement is true, doesn't it make sense that, if we renew our minds continually in the Word of God, our minds also can be used to enable us to receive manifestation of the healing God has provided for us?

"... Let everyone be fully convinced (satisfied) in his own mind" (Romans 14:5).

Card #9 - Believe God's thoughts, not your own.

"... With the heart a person believes (adheres to, trusts in, and relies on Christ)..." (Romans 10:10).

Our minds are renewed for healing by constantly studying the Word of God. We then must know how to get this Scripture from our minds down into our hearts. We think with our minds, but we believe God's healing promises with our hearts.

Our Father wants our hearts to be comforted and encouraged by His promises to heal us. He wants us to constantly strengthen our faith in Him. He wants our hearts to be unswerving.

"Comfort and encourage your hearts and strengthen them (make them steadfast and keep them unswerving) in every good work and word" (2 Thessalonians 2:17).

Card #10 - We must learn to guard our hearts.

"My son, attend to my words; consent and submit to my sayings. Let them not depart from your sight; keep them

in the center of your heart. For they are life to those who find them, healing and health to all their flesh. Keep and guard your heart with all vigilance and above all that you guard, for out of it flows the springs of life" (Proverbs 4:20 – 23).

Our Father wants us to pay close attention to His promises. He wants us to submit to His instructions. Our Father doesn't want his Word to depart from our sight. He wants us to know He is the God who heals.

If we obey our Father's instructions and if we believe his promises, we will receive healing and health to our flesh. We must understand the absolute importance of guarding our hearts vigilantly.

Card #11 - A calm heart is a healthy heart.

"... Do not let your hearts be troubled, neither let them be afraid. (Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.)" (John 14:27).

The fear from a dire diagnosis from a physician is contrary to the knowledge that God is always present to deliver us from our troubles. Our Father doesn't want us to let our hearts be troubled by human opinion. He has given us the ability to decide whether we will allow our hearts to be afraid. We can rely on our heavenly Physician. If we trust God completely, our hearts will be calm and undisturbed. He will restore our health.

"A calm and undisturbed mind and heart are the life and health of the body..." (Proverbs 14:30).

Card #12 - A happy heart is good medicine.

"Anxiety in a man's heart weighs it down, but an encouraging word makes it glad" (Proverbs 12:25).

Our Father doesn't want our hearts to be heavy because of anxiety about sickness and its ultimate results. Instead of having a heavy heart, our Father wants each of us to have a glad heart that sings with joy because it is filled with encouragement from His Word.

The Word of God is our spiritual medicine. Our Father has provided the good medicine we need. He wants us to continually feed ourselves this medicine from His Word so that we will be healed because we have a happy heart and a cheerful mind.

"A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones in" (Proverbs 17:22).

Card 13 - Fill your heart with God's promises.

"This book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success." (Joshua 1:8).

It takes time to fill our hearts with healing Scripture. Our hearts can be encouraged by meditating on the Word of God over a period of time. If we make meditation a high priority, we will observe what God says to do and we will do what our Father tells us to do. We will be successful in our goal of receiving manifestation of healing from God.

"I will meditate on Your precepts and have respect to Your ways (the paths of life marked out by Your law). I will delight myself in Your statutes; I will not forget Your word" (Psalm 119:15 – 16).

Card number 14 - Meditate continually on God's Word.

But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night. And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything he does shall prosper [and come to maturity]. (Psalm 1:2-3)

God is not a cosmic vending machine in the sky who provides healing just because we meditate on specific verses of Scripture. Our Father wants us to meditate constantly on His Word so that we will know Him better and trust Him completely. If we faithfully obey these instructions, our continual meditation will bring forth fruit in season.

Card 15 - The Word of God is our spiritual food.

"... I have esteemed and treasured the words of His mouth more than my necessary food." (Job 23:12).

When Job was faced with severe problems, he treated the Word of God as a wonderful treasure. Job learned that the spiritual food of God's Word was more important than physical food for his body. A healthy spirit perceives a healthy body.

We should start meditating on the Word of God early in the morning (Psalm 119:148). Our Father wants us to continue to meditate on His Word throughout the day (Psalm 119:97). We also should meditate on the Word of God into the night (Psalm 63:6). Our Father wants each of us to be "... Ever nourishing your own self on the truths of the faith..." (1 Timothy 4:6).

Card 16 - Our words can bring healing.

"... The human tongue can be tamed by no man. It is a restless (undisciplined, irreconcilable) evil, full of deadly poison" (James 3:8).

If we cannot tame our tongues, how can we appropriate God's promises that "... The tongue of the wise brings healing" (Proverbs 12:18)? We are wise only to the extent that we are led by the Spirit of God and our hearts are filled with the Word of God. Sickness often produces tongues that are restless and undisciplined. Some sick people speak words that are filled with spiritual poison.

These words, and the belief from which they emerge, often block us from receiving manifestation of healing. "He who guards his mouth keeps his life, but he who opens wide his lips comes to ruin." (Proverbs 13:3).

Card 17 - Our hearts control our mouths.

"... Out of the fullness (the overflow, the superabundance) of the heart the mouth speaks. The good man from his inner good treasure brings forth good things, and the evil man out of his inner evil storehouse flings forth evil things" (Matthew 12:34–35).

Jesus told us how to control the words we speak. Although we can't control our words by willpower, we will speak words of faith pertaining to healing if our hearts are filled with God's spirit and are overflowing with the Word of God.

If we meditate constantly on the Word of God, our hearts will be filled with God's promises and instructions. The words we speak will be the same as God's words because of the faith in our hearts.

"I believed (trusted in, relied on, and clung to my God), and therefore have I spoken..." (Psalm 116:10).

Card 18 - Use God's words to describe yourself.

"... He who has My word, let him speak My word faithfully..." (Jeremiah 23:28).

Our Father wants our hearts to be so full of his Word that we will speak his Word faithfully. Some sick people attempt to say they are healed, but their words don't produce results but because they are merely "mouthing" words that they do not really believe in their hearts.

If we truly believe God's promises in our hearts, our words and God's Word will be the same. The cells in our bodies will respond to our faith-filled words. If we stay close to the Lord each day, He will guide the words that we speak and He will heal us.

"... To him who is near! Says the Lord; I create the fruit of his lips, and I will heal him..." (Isaiah 57:19)

Card 19 - Faith comes when our ears continually hear the Word of God.

"... Faith comes by hearing (what is told), and what is heard comes by the preaching (of the message that came from the lips) of Christ (the Messiah Himself)." (Romans 10:17).

We have seen what the Bible says about our minds, our hearts and our mouths in relation to healing. We are now ready to learn what the holy Scriptures say about our ears. Romans 10:17 says that faith comes by hearing the Word of God.

Our faith will grow when we continually speak the Scripture references we are meditating upon. Our Father wants our ears to continually hear our mouths saying what He says.

"He who has ears (to hear), let him be listening and let him consider and perceive and comprehend by hearing in." (Matthew 13:9).

Card 20 – Increase your faith that God heals.

"... Help my weakness of faith!" (Mark 9:24).

Many Christians who are sick are like the man who spoke these words when he brought his sick son to Jesus Christ for healing. He asked Jesus to help him because his faith was weak. If we make Scripture meditation a high priority, Jesus will help our faith in Him to increase.

Everyone knows that God can heal. Faith knows that God will heal. Our Father is very pleased when we evidence faith in his promises. However, like any human father, he doesn't want us to doubt His Word. God is not pleased if we treat His promises with skepticism, doubt and unbelief.

"... Without faith it is impossible to please and be satisfactory to him..." (Hebrews 11:6).

Card 21 - Our Father wants us to lean on him.

"... The message they heard did not benefit them, because it was not mixed with faith (with the leaning of the entire personality on God in absolute trust and confidence in His power, wisdom, and goodness) by those who heard it..." (Hebrews 4:2).

Many years ago, the Israelites were told of the deliverance God had provided for them. However, the message they heard did not benefit them, but because it was not mixed with faith.

The Bible tells us that our Father supplies all of our needs (Psalm 23:1 and Philippians 4:19). He wants us to trust

Him for healing just as we trust Him for the air we breathe, the water we drink and the food we eat. Our Father wants us to lean our entire personality on Him because we have absolute trust and confidence in His power, wisdom and goodness.

Pray and believe with absolute trust and confidence that God has already provided all of your needs, including healing.

Card 22 - Place your complete trust in God.

"... The just shall live by faith (my righteous servant shall live by his conviction respecting man's relationship to God and divine things, and holy fervor born of faith and conjoined with it); and if he draws back and shrinks in fear, my soul has no delight or pleasure in him" (Hebrews 10:38).

Our Father wants us to live by faith. He wants us to live with absolute conviction that his promises are true. He wants us to have a holy fervor that is based upon our deep and unwavering faith and Him. He is not pleased if we don't trust Him. Our Father loves us. He is completely dependable. We can trust his promises.

"... Know in all your hearts and in all your souls that not one thing has failed of all the good things which the Lord your God promised concerning you..." (Joshua 23:14).

Card 23 - Our faith is more precious than gold.

"... (Your faith) which is infinitely more precious than the perishable gold which is tested and purified by fire..." (1 Peter 1:7).

We should do our best to attempt to look at faith from God's perspective. Our Father says that our faith in Him is infinitely more precious than gold. We have seen that our Father has provided healing for us through Jesus Christ. This healing already exists in the spiritual realm. Our faith in God's promises should be so strong that we will be able to reach out into the spiritual realm to apprehend the healing that has been provided for us. We will receive manifestation of healing if we have faith, trust and reliance that Jesus Christ has healed us.

"... According to your faith and trust and reliance (on the power invested in Me) be it done unto you..." (Matthew 9:29).

Card 24 - God has given us the gift of His Son.

"He who did not withhold or spare (even) His own Son but gave Him up for us all, will He not also with Him freely and graciously give us all (other) things?" (Romans 8:32).

Our Father loves us so much that He gave up His own Son for our eternal salvation. Our Father has freely and graciously given us all other things. Do you believe the word "all" in this passage of Scripture includes healing?

Card 25 - We should have constant faith in God.

"To the centurion Jesus said, Go, it shall be done for you as you have believed. And the servant boy was restored to health at that very moment" (Matthew 8:13).

One day in Capernaum, a man approached Jesus to ask Him to heal a servant in his house who was paralyzed and in intense pain. This man expressed faith that Jesus would heal this boy. Jesus responded favorably to the man's faith. He said, "it shall be done for you as you have believed."

The same principle applies to each of us today. Our Father wants us to know what He promises to do. He wants us

to constantly have faith that He will do exactly what He promises to do. He will respond to our deep and unwavering faith in him.

"... Have faith in God (constantly)" (Mark 11:22).

Card 26 - Our faith in God can make us well.

"... saying to herself, If I only touch His garment, I shall be restored to health. Jesus turned around and, seeing her, He said, Take courage, daughter! Your faith has made you well. And at once the woman was restored to health" (Matthew 9:21 – 22).

We should know deep down inside of ourselves that the best way to be healed is to touch God. We should have the same deep desire that this woman had to touch God so that we can receive manifestation of healing from him.

Jesus honored this woman's faith. He said, "your faith has made you well." The woman was restored to health. Jesus wants us to take courage. He hasn't changed. Jesus will honor your unwavering faith today.

Card 27 - We should persevere in faith.

"Then they came, bringing a paralytic to Him, who had been picked up and was being carried by four men. And when they could not get him to a place in front of Jesus because of the throng, they dug through the roof above Him; and when they had scooped out an opening, they let down the (thickly padded) quilt or mat upon which the paralyzed man lay" (Mark 2:3–4).

These four men weren't deterred by a crowd of people. We shouldn't be discouraged by anything that seems to stand in the way of our healing. Jesus honored the faith and perseverance of these men. He will honor our faith and perseverance.

"... He said to the paralyzed man, I say to you, arise, pick up and carry your sleeping pad or mat, and be going on home. And he arose at once and picked up the sleeping pad or mat and went out before them all..." (Mark 2:10–12).

Card 28 - Our healer lives inside of us.

"... The immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength, which He exerted in Christ when He raised Him from the dead..." (Ephesians 1:19–20).

Our Father wants us to understand the immeasurable, unlimited and unsurpassed greatness of the power of God that is demonstrated when we believe in Him. We saw an example of the mighty power of the Holy Spirit when he raised Jesus Christ from the dead.

The same Holy Spirit Who raised up Jesus from the dead dwells in us. "... The spirit of Him Who raised up Jesus from the dead dwells in you..." (Romans 8:11). The greatest physician in the universe lives inside of you. Dare to believe this indisputable truth and trust Him completely.

Pray with a continual awareness that God lives in your heart.

Card 29 - There is no incurable disease for God.

"Behold, I am the Lord, the God of all flesh; is there anything too hard for Me?" (Jeremiah 32:27).

Our Father doesn't look at an illness in a person's body and say, "I can heal most sickness, but this particular sickness is too difficult for Me." God never considers the degree of difficulty. Is there anything too hard for Him? The Bible is filled with healing promises from God.

No word in the Bible is without power or impossible of fulfillment. God's promises are not conditional based upon the degree of difficulty. Nothing is ever impossible to God. Our Father can heal what men call an incurable disease just as easily as He heals cuts, bruises or a common cold.

"With God nothing is ever impossible and no word from God shall be without power or impossible of fulfillment" (Luke 1:37).

Card 30 - The prayer of faith will heal the sick.

"Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer (that is) of faith will save him who is sick, and the Lord will restore him." (James 5:14 – 15).

When we are sick, we should ask the elders of our church to anoint us with oil and to pray over us in the name of the Lord Jesus Christ. We are told that the prayer of faith will heal us.

When someone lays hands on us for healing, we should see that person's hands as an extension of Jesus Christ. We should believe that this prayer of faith will restore our health.

"... Whatever you ask for in prayer, having faith and (really) believing, you will receive" (Matthew 21:22).

Card 31 - Release God's power through prayer.

"Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray (also) for one another, that you may be healed and restored (to a spiritual tone of mind and heart). The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available (dynamic in its working)" (James 5:16).

If we want to be healed, we should humbly confess to one another our faults and our sins. Also, instead of praying only for ourselves, we should pray for other people. When Job prayed for his friends, he received healing for himself. (Job 42:10).

If we want to be healed, we should pray earnestly and continuously from our hearts. When we do this, the tremendous dynamic power of God is made available to us.

Card 32 - Pray from a heart that is filled with the Word of God.

"... Whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will (get it)" (Mark 11:24).

Jesus Christ spoke these words to His disciples. These words also apply to us today. Do you believe healing is included in the word "whatever?"

We must know that we are not alone. God is listening (1 John 5:14 – 15). Our Father wants us to ask Him for help. He wants us to base our prayers upon specific promises in His Word with complete faith that He does exactly what He says He will do.

"If you will live in me (abide vitally united to me) and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you" (John 15:7).

Card 33 - Receive healing in the name of Jesus.

"... Peter said, silver and gold (money) I do not have; but what I do have, that I give to you: in (the use of) the name of Jesus Christ of Nazareth, walk! Then he took hold of the man's right hand with a firm grip and raised him up. And at once his feet and ankle bones became strong and steady. And leaping forth he stood and began to walk, and he went into the temple with them, walking and leaping and praising God" (Acts 3:6 – 8).

There is power in the name of Jesus Christ. Jesus healed all who were brought to Him while He was on earth. He passed that authority on to believers when He ascended into heaven. When we pray for healing in the name of Jesus Christ, we should believe that Jesus intercedes for us to God.

"... He is always living to make petition to God and intercede with Him and intervene for them" (Hebrews 7:25).

Card 34 - Be encouraged by the faith of others.

"... If two of you on earth agree (harmonize together, make a symphony together) about whatever (anything and everything) they may ask, it will come to pass and be done for them by My Father in heaven" (Matthew 18:19).

Christians who are sick should ask other Christians to pray for them. Jesus Christ said that two people who agree together about anything and everything they ask for (including healing) will find that an answer to their prayers will come to pass.

Our Father wants his children who are sick to be strengthened and encouraged and comforted by the faith of other Christians.

"... Be mutually strengthened and encouraged and comforted by each other's faith, both yours and mine" (Roman 1:12).

Card 35 - We shouldn't struggle to be healed.

"... He who has once entered (God's) rest also has seized from (the weariness and pain) of human labors..." (Hebrews 4:10).

Our Father's provision for healing is a gift. Instead of struggling and straining and laboring to receive the healing Jesus Christ has provided, we should enter God's rest because we know that our Father loves us and because we have faith in His love.

Jesus doesn't want us to labor with the heavy burden caused by sickness. He wants us to come to him with this burden. He promises to ease, relieve and refresh us if we will enter into His rest because we trust completely in him.

"Come to Me, all you who labor and are heavy laden and overburdened, and I will cause you to rest. (I will ease and relieve and refresh your souls)" (Matthew 11:28).

Card 36 - Our Father doesn't want us to dwell constantly on symptoms of sickness.

"... We walk by faith (we regulate our lives and conduct ourselves by our conviction or belief respecting man's relationship to God and divine things, with trust and holy fervor; thus we walk) not by sight or appearance." (2 Corinthians 5:7).

Our Father doesn't want us to dwell continually on the pain and discomfort that is caused by sickness in our bodies. The Word of God says that we should not focus on sight or appearance – on anything our senses tell us. Instead of focusing on symptoms of sickness, our Father wants us to walk by faith.

Jesus Christ loves us with a love that is greater than we can possibly comprehend (Romans 8:35–39). Although it isn't easy to turn away from the pain and discomfort caused by sickness, our Father wants us to have complete faith in His love for us.

Card 37 - Believe in the power of God's Word.

"... When you receive the message of God (which you heard) from us, you welcome it not as the word of (mere) men, but as it truly is, the Word of God, which is effectually at work in you who believe (exercising its superhuman power in those who adhere to and trust in and rely on it)" (1 Thessalonians 2:13).

Some people believe that the very real and constant pain in their bodies is more powerful than promises written on the pages of the Bible. The Bible is not the word of mere men – it is the Word of God.

God's promises work effectually for all Christians who believe in them. God's promises are filled with the superhuman power of God. This power is released to all of God's children who adhere to and trust in and rely on the Word of God.

Card 38 -God tells us how to be sustained when our bodies ache with pain.

"The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?" (Proverbs 18:14).

This passage of Scripture speaks specifically about the subject of bodily pain. What should we do when our bodies ache with pain that is caused by sickness? This passage of Scripture says we can be sustained by a strong spirit.

Our Father wants us to strengthen our faith in Him by consistently filling our minds and hearts with the power of His Word. We won't be able to deal with severe pain in our bodies if we have a weak and broken spirit. Our Father wants us to have complete trust, reliance, confidence and hope in him.

"... My trust and assured reliance and confident hope shall be fixed in Him..." (Hebrews 2:13).

Card 39 - God sent his Word to heal us.

"... The word that God speaks is alive and full of power (making it active, operative, energizing, and effective)..." (Hebrews 4:12).

The Word of God is vastly different from a book written by human beings – it is alive and full of the power of God. Every promise in the Bible is anchored upon the power of Almighty God. Our Father stands behind all of his promises to make them active, operative, energizing and effective.

Our Father wants us to activate the power of His Word by meditating constantly on His healing promises and instructions. If we do this, we will be energized. We will have unwavering faith that the Word of God contains the power to heal us.

"He sends forth His word and heals them..." (Psalm 107:20).

Card 40 - We can place complete trust in God.

"God is not a man, that He should tell or act a lie, neither the son of man, that He should feel repentance or compunction (for what He has promised). Has He said and shall He not do it? Or has He spoken and shall He not make it good?" (Numbers 23:19).

If someone who loves you promises to do something for you, do you doubt whether this person will carry out this promise? If we can trust human beings to do what they say they will do, we can trust our living Father to make good on His promises.

God is not a man. It is impossible for our Father to deceive us. If He says he will do something, He will do it. Our Father makes good on all of His promises.

"... It is impossible for God ever to prove false or deceive us..." (Hebrews 6:18).

Card 41 - Doubt and unbelief can block the tremendous power of Almighty God.

"... He was not able to do even one work of power there, except that He laid His hands on a few sickly people and cured them. And he marveled because of their unbelief (their lack of faith in Him)..." (Mark 6:5 – 6).

When Jesus Christ returned to His hometown of Nazareth, many people had a lack of faith in him. To them, Jesus was not the Messiah, he was the son of a local carpenter. Even though these people had heard of the healing miracles Jesus had performed in other places, their doubt and unbelief created a spiritual atmosphere where Jesus Christ was not able to do even one work of power there.

We must understand that we actually are able to block the mighty power of God through doubt and unbelief. Jesus marveled at their unbelief. We don't want him to marvel at our doubt and unbelief.

Card 42 - Wait patiently for God to give you manifestation of healing.

"... They have no real root in themselves, and so they endure for a little while..." (Mark 4:17).

When we are sick, we can't persevere in faith through human willpower. We should meditate constantly on the Word of God so that our faith that God has healed us will be deeply rooted in our hearts. Christians with shallow faith won't persevere. They eventually will become discouraged and give up.

We should wait expectantly to receive manifestation of healing from seeds of faith in our hearts just as farmers wait expectantly to receive a harvest from the seeds they planted. We must be patient.

"... See how the farmer waits expectantly for the precious harvest from the land. See how he keeps up his patient vigil over it until it receives the early and late rains. So you also must be patient..." (James 5:7 – 8).

Card 43 - We must add patience to our faith.

"... If we hope for what is still unseen by us, we wait for it with patience and composure" (Romans 8:25)

If our Father requires us to wait for anything, we must not give up hope. We should wait with patience and composure.

Our Father wants us to have so much faith in Him that we lean our entire personality on Him because we have absolute trust and confidence in Him. If we add patient endurance and waiting to faith, we will receive manifestation of God's promises.

"... Behaving as do those who through faith (by their leaning of the entire personality on God in Christ in absolute trust and confidence in His power, wisdom, and goodness) and by practice of patient endurance and waiting are (now) inheriting the promises" (Hebrews 6:12).

Card 44 - God gives patience and encouragement.

"Do not, therefore, fling away your fearless confidence, for it carries a great and glorious compensation of reward. For you have need of steadfast patience and endurance, so that you may perform and fully accomplish the will of God, and thus receive and carry away (and enjoy to the full) what is promised" (Hebrews 10:35–36).

Our Father will reward our confidence if we endure patiently. God will give us a great and glorious compensation of reward if we persevere with steadfast patience and endurance to fully perform and accomplish his will for our lives. If we persevere with the patient endurance and the encouragement that God gives to us, we will receive and enjoy answers to our prayers.

"... God Who gives the power of patient endurance (steadfastness) and Who supplies encouragement..." (Romans 15:5).

Card 45 - God has a specific time to heal you.

"... Let us seize and hold fast and retain without wavering the hope we cherish and confess and our acknowledgment of it, for He Who promised is reliable (sure) and faithful to His word" (Hebrews 10:23).

Our Father wants us to seize and hold fast and retain without wavering the hope He has given to us. He wants us to cherish and confess and acknowledge our faith in the promises He has given to us. God is reliable and faithful to His Word.

Manifestation of healing often is received gradually. We must trust God's timing just as we trust Him in every other area. The Bible tells us that there is a specific time for everything, including healing.

"To everything there is a season, and a time for every matter or purpose under heaven... A time to heal..." (Ecclesiastes 3:1, 3).

Card 46 - Refused to allow your faith to waiver.

"Let your eyes look right on (with fixed purpose), and let your gaze be straight before you. Consider well the path of your feet, and let all your ways be established and ordered aright. Turn not aside to the right hand or to the left; remove your foot from evil" (Proverbs 4:25–27).

Our Father doesn't want our faith in Him to waiver. He wants us to focus continually on His promises. He wants us to look at these promises each day.

Card 47 - God's peace is so great that it transcends human understanding.

"Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God" (Philippians 4:6).

Do you believe the words "anything," "every" and "everything" in this passage of Scripture include healing? When we pray, we should thank God for healing us. Our hearts and minds will be filled with the peace of God that passes all understanding.

"And God's peace (shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace) which transcends all

understanding should garrison and mount guard over your hearts and minds in Christ Jesus" (Philippians 4:7).

Card 48 - Ask God to forgive any transgressions that could have caused sickness.

Some are fools (made ill) because of the way of their transgressions and are afflicted because of their iniquities" (Psalm 107:17).

Some of us know we are ill because we have transgressed against God. Some people are sick because of poor eating habits, lack of exercise or too much stress. Others are sick because they have overindulged in negative emotions such as worry, fear, anger, bitterness, unforgiveness, envy and hatred.

If we believe the sickness in our bodies has been caused by sin, we should admit our sin, repent and ask our Father to forgive us. He will be merciful.

"He who covers his transgressions will not prosper, but whoever confesses and forsakes his sins will obtain mercy" (Proverbs 28:13).

Card 49 - Our lives belong to Jesus Christ.

"... He died for all, so that all those who live might live no longer to and for themselves, but to and for Him Who died and was raised again for their sake" (2 Corinthians 5:15).

Our lives don't belong to us. Our lives should be completely devoted to carrying out God's assignment for our lives. The very least we can do for Jesus Christ after the tremendous price He paid for us is to turn away from all selfish goals. Instead of living for ourselves, we should live for Jesus Christ who died and was raised again for our sake. Ask God to clearly reveal His will to you.

Sometimes the pain in our bodies is so severe that we want to give up and go to heaven to be with Jesus. Is your work on earth finished? If you don't believe it is, persevere in faith to finish the assignment the Lord has given to you.

Card 50 - Why do we ask God to heal us?

"... You do not have, because you do not ask. Or you do ask (God for them) and yet fail to receive, because you ask with wrong purpose and evil, selfish motives. Your intention is (when you get what you desire) to spend it in sensual pleasures" (James 4:2 – 3).

Amazingly, some people are not healed because they do not ask God to heal them. Other people fail to receive manifestation of healing because they ask God to heal them so they can spend the rest of their lives pursuing selfish goals. We should ask for healing to carry out God's will for our lives.

"... We are God's (own) handiwork (His workmanship), recreated in Christ Jesus, (born anew) that we may do those good works which God predestined (planned beforehand) for us (taking paths which he prepared ahead of time)... (Ephesians 2:10).

Card 51 - Rest with complete faith in the finished work of Jesus Christ.

"... It is finished!..." (John 19:30).

Just before Jesus Christ died on the cross, He spoke these words. Jesus successfully completed the assignment His Father had given to him. Part of this assignment was to provide for our healing. We should trust completely in the finished work of the Lord Jesus Christ.

You now have read 51 Scripture Meditation Cards on healing. These cards overflow with specific instructions and definite promises from Almighty God. If you are sick, carry these promises and instructions with you. Meditate on them throughout the day and night. Immerse yourself in God's promises and instructions. Speak them out loud. Refuse to allow one day to go by where you don't saturate yourself in God's promises and instructions.

Card 52 - Give glory to God when you are healed.

"... See, you are well! Stop sinning or something worse may happen to you" (John 5:14).

Jesus Christ spoke these words to a man who was healed after being sick for 38 years. These words apply to all people who have been healed by God. If we want to retain our healing, we should stop sinning. We should stay close to God, devoting our lives to serving him.

When the Lord heals us, we should share our testimony with other people. We should give glory to the Lord. We should encourage other people that they can be healed if they have faith in God.

"Let your light so shine before men that they may see your moral excellence and your praiseworthy, noble, and good deeds and recognize and honor and praise and glorify your Father who is in heaven" (Matthew 5:16).