

Healing Words of Wisdom

Prayers, Reflections & Scripture

*For the gifts of wisdom and healing
For those who are lost and need to be found
For those who are sorry and need forgiveness
For those who are suffering and seek peace
For those who are confused and seek counsel
For those who despair and seek comfort
For the patients, families and staff of
Roswell Park Cancer Institute
This Prayer Book
is dedicated*



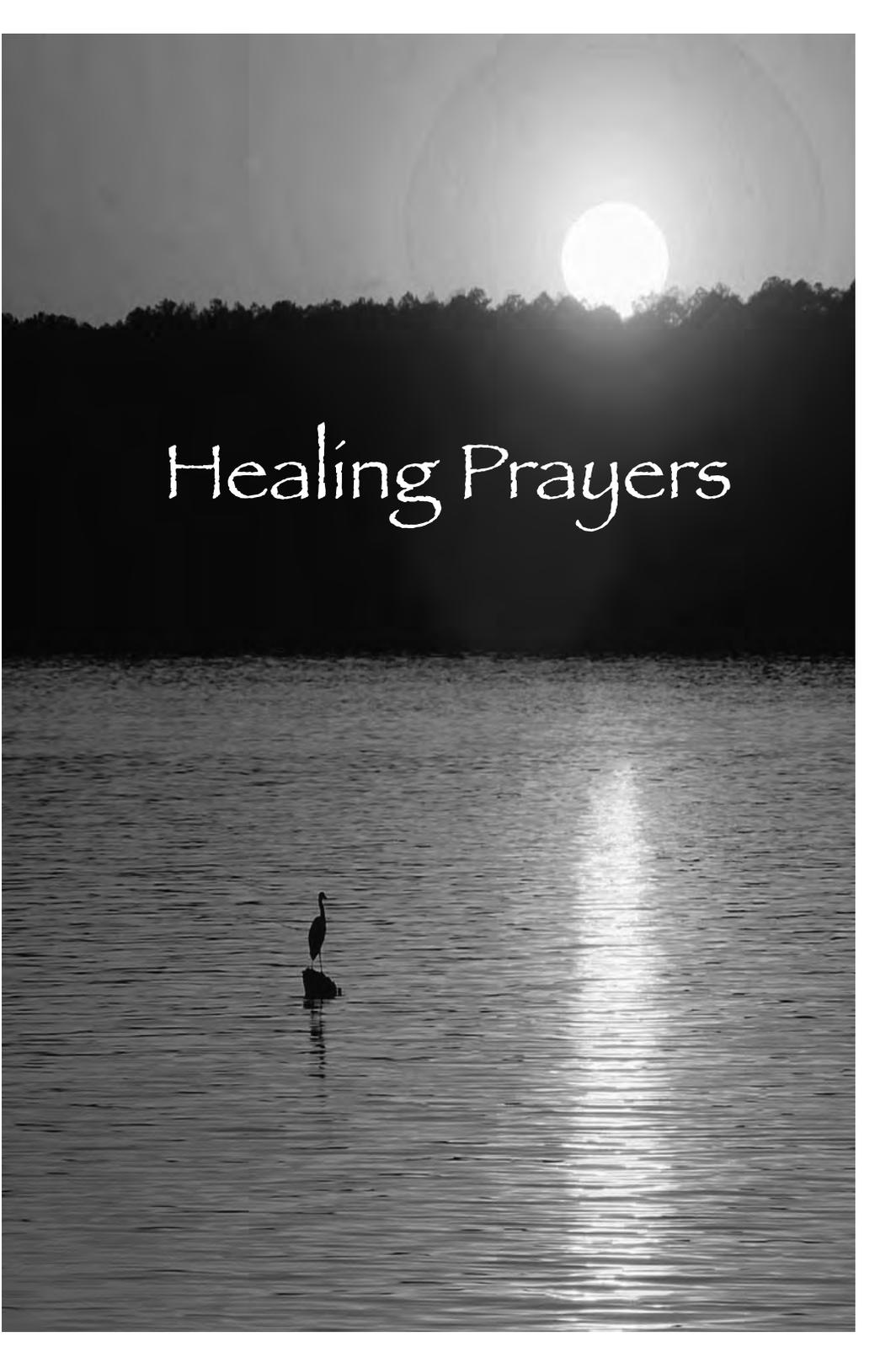
Introduction

We live in a world of broken bodies and broken hearts;
broken homes and broken spirits.

The God of your faith is working within each of you
to make things whole.

The miracle of healing occurs when
mind, body and spirit join together
with the God of consolation,
the God of love and the God of hope.

The staff of the Division of Pastoral Care
at Roswell Park Cancer Institute
wish you the gift of
Healing Wisdom from this God.



Healing Prayers



An African Prayer for Peace

Almighty God,
The Great Thumb we cannot evade to tie any knot;
The roaring Thunder that splits mighty trees:
The all-seeing Lord up on high who sees even the footprints
of antelope on a rock
Mass here on earth.
You are the one who does not hesitate to respond to our call.
You are the cornerstone of peace.

(African Tradition)

Sioux Prayer of Healing

O our Father, the sky, hear us
and make us strong.
O our Mother the Earth, hear us
and give us support.
O Spirit of the South,
may we tread your path of life.
O Spirit of the West,
may we always be ready for the long journey.
O Spirit of the North, purify us
with your cleaning winds.

(Native American Tradition)





Breathe on Us, Breath of God

Breathe on us, breath of God,
Till we are wholly Thine.
Till all this earthly part of us
Glow with Thy fire divine!

Breathe on us, breath of God!
Fill us with life anew;
That we may love what Thou dost love,
And do what Thou wouldst do.

Breathe on us, breath of God,
Until our hearts are pure;
Until with Thee we will one will
To do and to endure.

Breathe on us, breath of God—
So shall we never die;
But live with Thee the perfect life
Of thine eternity.

– Edwin Hatch
(Christian Tradition)

Prayer for Peace

Lead me from Death to Life, from Falsehood to Truth.
Lead me from Despair to hope, from Fear to Trust.
Lead me from Hate to Love, from War to Peace.
Let Peace fill our Heart, our World, our Universe.

(Jain Tradition)





Navajo Prayer of Healing

In the house made of dawn.
In the story made of dawn.
On the trail of dawn.
O, Talking God.
His feet, my feet, restore.
His limbs, my limbs, restore.
His body, my body, restore.
His mind, my mind, restore.
His voice, my voice, restore.
His plumes, my plumes, restore.

With beauty before him, with beauty before me.
With beauty behind him, with beauty behind me.
With beauty above him, with beauty above me.
With beauty below him, with beauty below me.
With beauty around him, with beauty around me.

With pollen beautiful in his voice, with pollen beautiful in my voice.
It is finished in beauty. It is finished in beauty.
In the house of every light.
From the story made of evening light.
On the trail of evening light.

(Native American Tradition)

Lord, may everything that I do start well and finish well.
Sustain me with your power.
And in your power let me drive away all falsehood,
ensuring that truth may always triumph.

(Islamic Tradition)





May those whose lives are gripped in the palm of suffering
open even now to the Wonder of Life.

May they let go of the hurt
and Meet the True Self beyond pain,
the Uncarved Block
that is our joyous Unity with Holiness.

May they discover through pain and torment
the strength to live with grace and humor.
May they discover through doubt and anguish
the strength to live with dignity and holiness.
May they discover through suffering and fear
the strength to move toward healing

– Rabbi Rami M. Shapiro
(Jewish Tradition)



Oh God, You are Peace.
From You comes peace.
To You returns peace.
Revive us with a salutation of peace,
and lead us to Your abode of peace.

(Islamic Tradition)

The Serenity Prayer

God grant me the serenity to accept
The things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.

– Reinhold Niebuhr
(Christian Tradition)





A Buddhist Prayer for Peace

May all beings everywhere plagued with sufferings of body and mind
Quickly be freed from their illness.
May those frightened cease to be afraid,
And may those bound be free.
May the powerless find power,
And may people think of befriending one another.
May those who find themselves in trackless,
Fearful wildernesses – the children, the aged,
The unprotected – be guarded by beneficent celestials,
And may they swiftly attain Buddhahood.

(Buddhist Tradition)

American Indian Healing Prayer

Mother, sing me a song
that will ease my pain,
mend broken bones,
bring wholeness again.
Catch my babies
when they are born,
sing my death song,
teach me how to mourn.

Show me the Medicine.
of the healing herbs,
the value of spirit,
the way I can serve.

Mother, heal my heart
so that I can see
the gifts of yours
that can live through me.

(Native American Tradition)





Prayer to God Our Constant Companion

Wherever I go,
You are my constant companion,
holding my hand and leading me on.
You are the sole support
along the path that I tread,
carrying my burden by my side.

If I stray along the way,
You set me right again.
You have overcome my resistance,
O God,
and You nudged me onward.

All things and all people
have become my beloved brothers.
Now Your joy pervaded and encircle me;
I am like a child at play
during a celebration.

Turkuram (17th cent.)

In the Morning

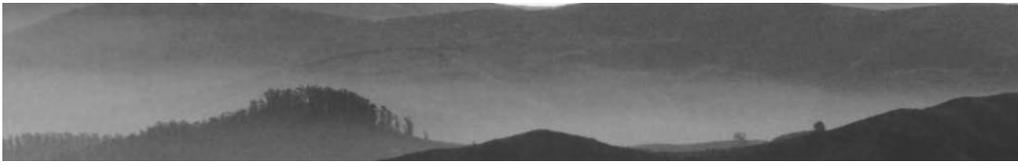
O God of all hope, whatever happens during this day
is in Your hands.

Strengthen me in my weakness,
give skill to those who minister to me,
and grant me confidence and faith
in Your healing power.

Through Jesus Christ my Lord I pray.
Amen

(Christian Tradition)





Divine Blessing

Almighty Lord, if we offer You a devoted mind and heart,
You will offer to us every blessing on earth and in heaven.

You grant our deepest wishes.
You give food to the body and peace to the soul.
You look upon us with love of a mother for her children.

You created this beautiful earth all around us. And in every plant and animal, every tree and bird,
Your spirit dwells.

You have revealed yourself to me,
infusing my soul with the knowledge that You are the source of all blessing.

And so I sing Your praises day and night. I who am feeble, glorify You who are powerful. I who am nothing, devote myself to You who are everything.

(Hindu Tradition)



O Living Christ, make us conscious now of Thy healing nearness.
Touch our eyes that we may see Thee;
open our ears that we may hear Thy voice;
enter our hearts that we may know Thy love.
Overshadow our souls and bodies with Thy presence,
that we may partake of Thy strength, Thy love and Thy healing life.

(Christian Tradition)





Hindu Prayer for Peace

Lead us from the unreal to the real.
Lead us from darkness to light.
Lead us from death to immortality.
Peace, peace, peace unto all.
May there be in celestial regions.
May there be peace on Earth.
May the waters be appeasing.
May herbs be wholesome,
and may trees and plants bring peace to all.
May all beneficent beings bring peace to us.
May thy law propagate peace all through the world.
May all things be a source of peace to us.
And may thy peace itself, bestow peace on all
and may that peace come to me also.

(Hindu Tradition)

O merciful Parent, I turn to You in prayer.
You who bind up wounds and heal the sick, I put my trust in You.
Knowing that I am in Your hands, O God, I have faith that
You will not forsake me.
Give me courage now and in the days ahead.
Grant wisdom and skill to my physician; make all those who are
assisting me instruments of Your healing power.
Give me strength for this day and grant me hope for tomorrow.
Hear my prayer, be with me; protect me.
Restore me to health, Adonai, so that I may serve You.
Heal me Adonai, and I shall be healed; Save me and I shall be saved;
for You are my praise.

– Prayers for Healing, Prayer Book Press
(Jewish tradition)





Traditional Buddhist Blessing and Healing Chant

Just as the soft rains fill the streams,
Pour into the rivers and join together in the oceans,
So may the power of every moment of your goodness
Flow forth to awaken and heal all beings,
Those here now, those gone before, those yet to come.

By the power of every moment of your goodness
May your heart's wishes be soon fulfilled
As completely shining as the bright full moon,
As magically as by a wish-fulfilling gem.

By the power of every moment of your goodness
May all dangers be averted and all disease be gone.
May no obstacle come across your way.
May you enjoy fulfillment and long life.

For all in whose heart dwells respect,
Who follow the wisdom and compassion, of the Way,
May your life prosper in the four blessings
Of old age, beauty, happiness and strength.

(Buddhist Tradition)

Beloved Lord, Almighty God!
Through the rays of the sun,
Through the waves of the air,
Through the all-pervading Life in space,
Purify and revivify me, and, I pray.
Heal my body, heart, and soul.
Amen.

– Hazrat Inayat Khan





Thy Name is My Healing

Thy name is my healing, Oh my God,
And remembrance of Thee is my remedy.
Nearness to Thee is my hope and love
For Thou art my companion.
Thy mercy to me is my healing
And my succor in both this world
And the world to come.
Thou, verily, are the All-Bountiful,
The All-Knowing, the All-Wise.

– Baha’u’llah
(Baha’I Tradition)

Healing Prayer

God, hear my prayer,
And let my cry come to You.
Do not hide from me in the days of my distress
Turn to me and speedily answer my prayer.
Eternal God, source of healing
Out of my distress I call upon You.
Help me sense Your presence
At this difficult time.
Grant me patience when the hours are heavy;
In hurt or disappointment give me courage.
Keep me trustful in Your love.
Give me strength for today, and hope for tomorrow.
To Your loving hands I commit my spirit
When asleep and when awake.
You are with me; I shall not fear.

(Jewish Tradition)





Prayer in Time of Sickness

Heavenly Father:

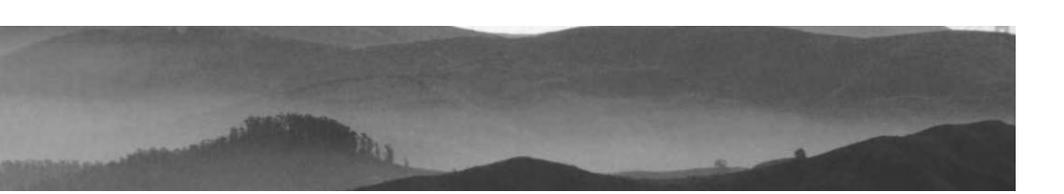
You who are our support in the hours of our trial,
In You alone do we find the everlasting arms
Which uphold us in our grief and sorrow.
Teach us, we pray You,
To learn the deeper lessons of our loss.
For You come not with the hand of punishment,
But with the handclasp of peace.
Though our hearts be numb and our minds disquieted
By the shock we have known,
We know that You bring the balm of healing
Upon the wings of time.
Give us patience to endure our pain,
Perseverance to ennoble our portion,
And peace to enlarge our perspective.
Weeping tarrys but for the night:
Grant that on the morrow we shall find the light
In the dawning of memory.

– Albert A. Goldman (1896-1960)
American Rabbi

Sh'ma Yisrael Adonai Eloheinu Adonai Echad!
Baruch shem kevod malchuto l'olam va-ed!
Hear O Israel! Adonai is our God; Adonai is One!
Blessed is the glorious Name! Your majesty is forever!

– Traditional Jewish liturgy





Kayla's Prayer

Listen to my voice,
O Lord our God
And the God of my ancestors.

I lie here on the brink of life,
Seeking peace, seeking comfort, seeking You.
To You, O Lord, I call and to You, O Lord,
I make my supplication.
Do not ignore my plea.

Let your mercy flow over me like the waters,
Let the record of my life be a bond between us,
Listen to my voice when I call,
Be gracious to me and answer me.

I have tried, O Lord, to help You complete creation,
I have carried Your yoke my whole life.
I have tried to do my best.

Count my effort for the good of my soul,
Forgive me for when I have stumbled on your path,
I can do no more, let my family carry on after me,
Let others carry on after me.

Protector of the helpless, Healer of the brokenhearted,
Protect my beloved family with those whose soul
my own soul is bound.

Their hearts depend on mine,
Heal their hearts when they come to depend on You.

Let my soul rest forever under the wings of Your presence
Grant me a share in the world to come.

– Jack Reimer





In the stillness of Your presence, God,
I feel Your healing life flowing through
me now, bringing peace to my mind
and energy to my body.

Enfolded in Your powerful healing love, God, I experience
health and wholeness in mind, body and emotions.

Thank You, God, for your healing life that surges
throughout every cell of my entire being,
strengthening me and restoring me to wholeness.

To You, dear God, I release any concern about my health,
I trust Your healing love and Your life-giving presence to renew me.

Dear God, I am open and receptive to Your healing power.
Your light and life energize every cell of my being,
and I am grateful.

(Christian Tradition)





Dear God,
Be my Redeemer, my internal Teacher, my divine Physician.
Thank You for Your presence in my life.

I surrender to You all I am, all I think, all I feel and all I have.
You who have the power to work miracles.
You who rule time and space,
please take me in Your arms and hold me.

Dear Lord, please lift me up and heal me.
Cast out of my mind all thoughts that are not of You.
Cast out of me all harsh and critical nature.
Cast out of me all violence and all anger.
Cast out of me all demons from my past.
For I would be made new.

I wish to walk so close to You that we might be as one.
I ask for new life, new mind, new body, new spirit.
Dear God, please come into me and release me from this pain.

– Marianne Williamson

Lord, help me to persist although I want to give up.
Lord, help me to keep trying although I can't see what good it does.
Lord, help me to keep praying although I'm not sure You hear me.
Lord, help me to keep living in ways that seek to please You.
Lord, help me to know when to lead and when to follow.
Lord, help me to know when to speak and when to remain silent.
Lord, help me to know when to act and when to wait.

– Marian Wright Edelman





You are mighty, Lord; who brings healing to the sick,
You are great in granting salvation,
providing the living with sustenance, with loving kindness,
caring for the sick with great mercies,
supporting the fallen, healing the sick,
releasing the captive,
and keeping faith with those who are lost among the living,
Who is like You, Master of mighty acts, and who compares to You,
King who restores health, and causes salvation to sprout,
You are faithful, comforting the ill among us,
Blessed are You, Lord who heals the sick.

(Christian Tradition)



Suffer me not, O my Lord

Suffer me not, O my Lord,
To be deprived of the knowledge of Thee in
Thy days,
And divest me not of the robe of Thy guidance.
Give me to drink of the river that is life indeed,
Whose waters have streamed forth from the
paradise (Ridvan)
In which the throne of Thy Name,
The All-Merciful, was established,
That mine eyes may be opened,
And my face be illumined,
And my heart be assured,
And my soul be enlightened,
And my steps be made firm.

– Baha'u'llah
(Baha'I Tradition)





A Prayer from the Taizé Community

Holy Spirit, Spirit of the Living God,
You breathe in us

On all that is inadequate and fragile,
You make living water spring even
from our hurts themselves.

And through You, the valley of tears
Becomes a place of wellsprings.

So, in an inner life

With neither beginning nor end,

Your continual presence

Makes new freshness break through.

Amen

– Brother Roger of Taizé

(Christian tradition)



Circle me, Lord,
Keep protection near
and danger afar.

Circle me, Lord
Keep hope within.
Keep doubt without.

Circle me, Lord,
Keep light near
and darkness afar.

Circle me, Lord
Keep peace within
Keep evil out.

– David Adam





Before Sleep

O Lord, grant that I may so place myself into Your gentle arms
that this night may be free of care and anxiety,
and that I may awake tomorrow refreshed
to receive the care You will give me.
through Jesus Christ my Lord.

Amen

(Christian Tradition)

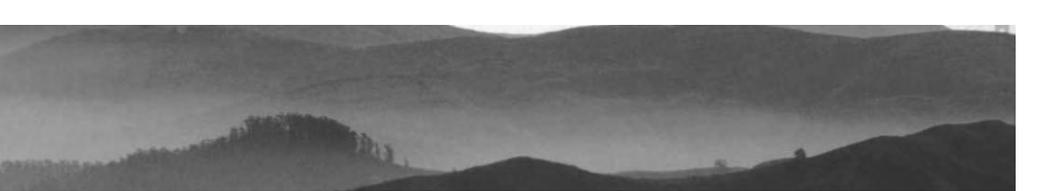
For Peacefulness

Let nothing disturb thee
Let nothing frighten thee
Everything is changing
God alone is changeless
Patience attains the goal
One who has god lacks nothing
God alone fills our needs.

– St. Teresa of Avila (1515-1582)

(Christian Tradition)





In the name of Allah, Most gracious, Most Merciful

When comes the help
Of Allah, and victory,

And thou dost see
The people enter Allah's Religion

In crowds,

Celebrate the praises
Of thy Lord, and we pray
For His forgiveness:
For He is oft-returning
(In forgiveness)

(Islamic Tradition)

Lord, Give Me Strength

Give us Your strength, Lord. Because sometimes things
get tough, and we are ready to quit.

Give us Your love, Lord. Because sometimes people
reject us and we are tempted to hate.

Give us Your eyes, Lord. Because sometimes life gets
dark, and we lose our way.

Give us courage, Lord. Because often we are put
under pressure, and its hard to do what is right.

Give us Yourself, Lord. Because our hearts were made
for You, and we will not rest until we rest in You.

– Mark Link, SJ

(Christian Tradition)



My Shepherd

The Lord will work for me!
*The Lord is my shepherd;
I shall not want.*

The Lord will provide for me!
*He makes me to lie down in green pastures;
He leads me beside the still waters.*

The Lord will keep me going!
He restores my soul.

The Lord will guide me!
*He leads me in the paths of righteousness
For His name's sake.*

The Lord will protect me!
*Yea, though I walk through the valley of the
shadow of death,
I shall fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.*

The Lord will heal me!
*You prepare a table before me in the
presence of my enemies;
You anoint my head with oil;
My cup runs over.*

The Lord will pursue me!
*Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.*

– Lloyd John Ogilvie





Praise be to Allah
The Cherisher and Sustainer
of the Worlds
Most gracious, Most Merciful
Master of the day of judgement.

Thee do we worship and
Thine aid we seek
Show us the straight way;
The way of those on whom
Thou hast bestowed Thy Grace
Those whose (portion) is not wrath
And who do not astray.

(Islamic Tradition)

When Thankful

O Lord, Your mercies are new to me
every day!
I give You thanks for the renewing
of my health,
for the relief from pain and worry.
Continue Your healing within me,
that I may return to the work
that You have given me to do for You.
Through Jesus Christ my Lord.
Amen

(Christian Tradition)





Consoling God,
Be a source of serenity for me
When struggles and difficulties
Threaten to overwhelm me.
God of hope,
Assure me of Your unconditional love
When I doubt myself
Or question the worth of life.

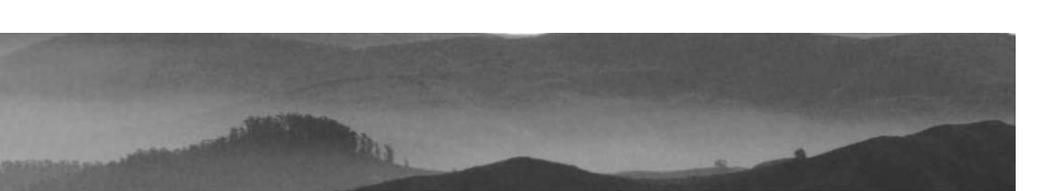
Truth-bringing God,
Encourage me to embrace You
During those times when I get lost
In the lies of my weakness.

Compassionate God,
Hold me to Your heart
When I feel helpless
In the face of the world's pain
Light-filled God,
Keep me ever close to You
During those moments
When bleakness surrounds my life.

Comforting God,
Shelter me under Your wings
When I am engulfed in sadness
And overcome with distress.

God of peace,
You are the center of my life,
A strong refuge of peace
In the whirlwind of my pain.
I look to You for strength
And a constant assurance of hope.

– Joyce Rupp
(Christian Tradition)



The Invocation for the patient by
the one who pays a visit to him

Whenever Allah's messenger paid a visit to a patient, or a patient
was brought to him, he used to invoke Allah, saying,

“Take away the disease, O the Lord of the People!
Cure him as You are the One who cures.
There is no cure but Yours,
A cure that leaves no disease.

(Islamic tradition)

Tender and Loving God,
I know that You are with me.
Take my hand and stretch it
toward that which brings me hurt.
Lead me into my sufferings
and help me to be healed.
Together let us touch my woundedness.
Together let us meet my pain.

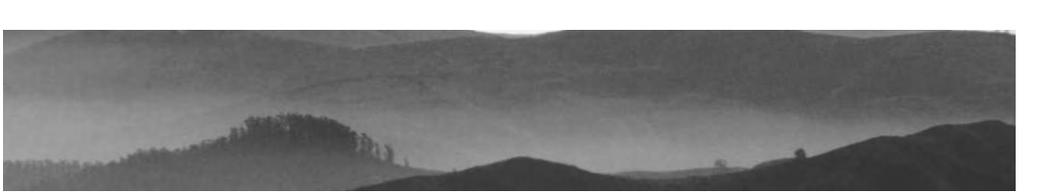
Teach me how to enter my suffering in a way
that brings me greater wisdom and growth.
Gift me with determination not to turn away.
help me to meet myself with kindness and mercy.
tender and loving God,
together let us walk the road to my healing.

– Joyce Rupp
(Christian Tradition)





Healing Reflections



God is breathing gently
God never hurries,
Is never anxious or pressing,
God just waits,
Breathing gently upon us
With great tenderness
Until we look to God-
And knowingly,
Nod.
– Edwina Gateley

Suffering presents us with a challenge:
To find goals and purpose in our lives
That make even the situation worth living through.
– Victor Frankl

The dark or sick days need not be seen as bad days,
For they often prompt our deepest reflection and,
In some cases a change of lifestyle.
In this sense, then, one can look upon darkness or disease
Not as an end, but as a beginning of growth.
– Eileen Rockefeller Growald





Look well into thyself: there is a
source of strength
Which will always spring up
If thou wilt always look there.

– Marcus Aurelius



An eye was seeing you,
A mouth has named you,
A heart has thought of you,
A mind has desired you.

– Anonymous



The patient must combat the disease
Along with the physician.

– Hippocrates

Everyone can heal,
You know.
A smile can heal,
A listening ear,
A gentle touch...
All those Things.
We forget that healers
Aren't other people;
They're us.

– Anonymous





Don't get a house in the
neighborhood of despair –
There is hope.

– Rumi Wisdom

The treatment is really a
cooperative effort of a trinity –
The patient, the doctor, and
The inner doctor.

– Ralph Birch

The purpose of healing
Is to bring us in harmony
With ourselves.

– O. Carl Simonton



It is this intangible thing, love,
Love in many forms,
Which enters into every therapeutic relationship.
It is an element of which the physician may be the carrier,
The vessel.
And it is an element which binds and heals,
Which comforts and restores,
Which works
What we have to call-for now-miracles.

– Karl A. Menninger





Today I am grateful for people past and present
Who have played a role in my
Healing journey.

– Anonymous

The healing process is made up of
Unconditional love,
Forgiveness,
And letting go of fear.

– Gerald Jampolsky

Healing does not necessarily mean
to become physically well
Or to be able to get up and walk around again.
Rather, it means achieving a balance
Between the physical, emotional, intellectual,
And spiritual dimensions

– Elisabeth Kubler-Ross

Body and soul cannot be separated
For purposes of treatment,
For they are one and indivisible.

– C. Jeff Miller





Try to feel the need for prayer
often during the day and take the trouble to pray.
Prayer makes the heart large enough until it can
contain God's gift of Himself.
Ask and seek, and your heart will grow big enough
to receive Him and keep Him as your own.

– Mother Teresa

At the darkest moment
Comes the light.

– Anonymous

The Twelve Gifts of Healing

May you allow fear to soften and melt away;
May you release all regrets and resentments;
May you see the world with wonder;
May you imagine only good things;
May hope rest within you;
May peace wash over you;
May you hear the voice of wisdom;
Listening, may you act with trust.
May your heart open;
May joy emerge;
May love flow through you;
May you heal and help others.

– Charlene Costanzo





Never think that God's delays are God's denials.
Hold on; hold fast; hold out.
Patience is genius.
– Comte De Buffon

The light of God surrounds me;
The love of God enfolds me;
The power of God protects me;
The presence of god watsches over me.
Wherever I am, God is.
– James Dillet Freeman

I've heard He works with broken people.
I am sick, hurting, broken.
I am waiting and willing now.
– Flora E. Meredith

God's love doesn't seek value, it creates value.
It is not because we have value that we are loved,
but because we are loved that we have value.
– William Sloane Coffin

Forgive yourself for failing to do your best.
And then it becomes a little easier to forgive
others when they disappoint you.
– LeaRae Galarowicz



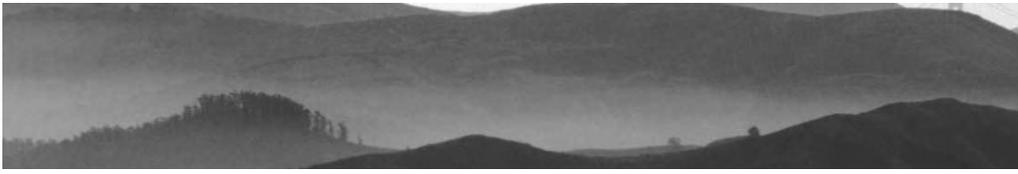


A List of Healing Tools

Prayer
Meditation
Retreats
Nature
Ritual
Therapy
Friendship
Movement
Creativity
Dreams
Spirituality
Rites of Passage
Walking
Gardening
Journaling
Music
Art
Writing
Laughter
Cooking
Knitting
Poetry
Reading
Traveling
God

– Adapted from Healing
Environments



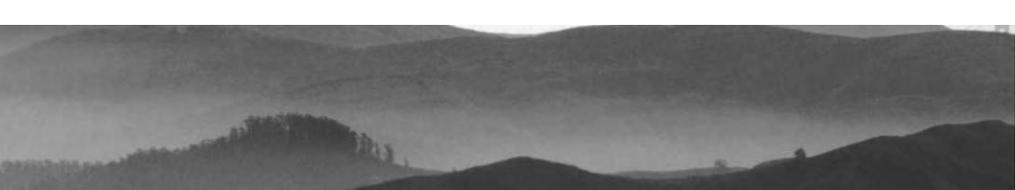


Let Your God Love You

Be silent.
Be still.
Alone.
Empty
Before your God
Say nothing.
Ask nothing.
Be silent.
Be still.
Let your God
Look upon you.
That is all.
God knows.
God understands.
God loves you
With enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.
Let your God
Love you.

– Edwina Gateley





There are moments when wellness escapes us,
moments when pain and suffering
are not dim possibilities
but all too agonizing realities.
At such moments we must open ourselves to healing.

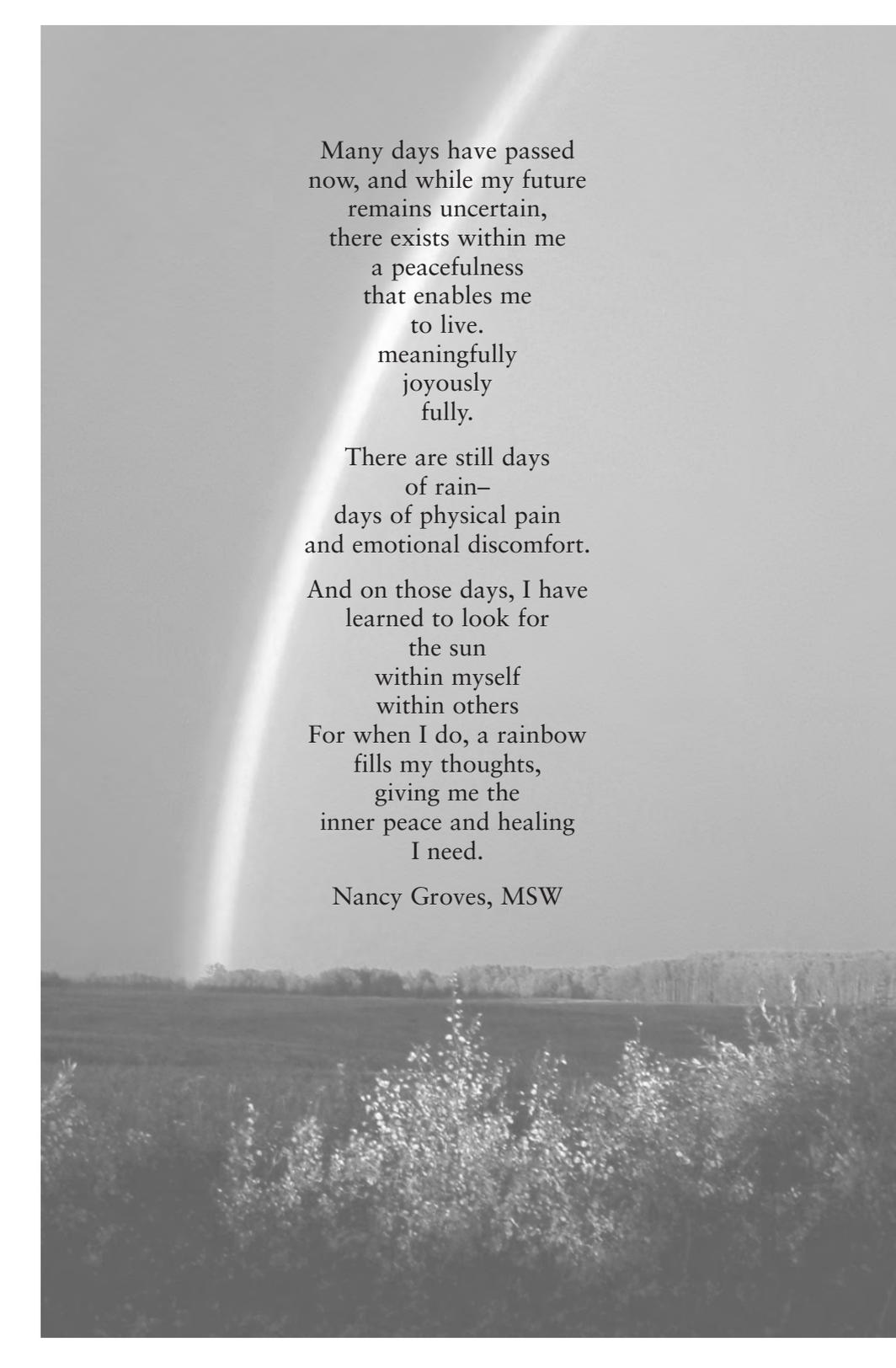
Much we can do for ourselves;
and what we can do
we must do-
healing,
no less than illness,
is participatory.

But even when we do all we can do
there is,
often,
still much left to be done.
And so we turn as well to our healers
seeking their skill to aid in our struggle for wellness.

But even when they do all they can do
there is,
often,
still much left to be done.
And so we turn to Life,
to the vast Power of being that animates the universe
as the ocean animates the wave,
seeking to let go of that
which blocks our healing.

– Anonymous





Many days have passed
now, and while my future
remains uncertain,
there exists within me
a peacefulness
that enables me
to live.
meaningfully
joyously
fully.

There are still days
of rain—
days of physical pain
and emotional discomfort.

And on those days, I have
learned to look for
the sun
within myself
within others
For when I do, a rainbow
fills my thoughts,
giving me the
inner peace and healing
I need.

Nancy Groves, MSW

A black and white photograph of a field of cosmos flowers. The flowers are in various stages of bloom, with some fully open and others as buds. The background is softly blurred, showing more flowers and foliage. The text "Healing Scriptures" is overlaid in a white, serif font, centered horizontally and slightly above the middle vertically.

Healing Scriptures



Jewish Scriptures

Then he said, “If you listen carefully to the voice of Yahweh your God and do what is right in His eyes, if you pay attention to His commandments and keep His statutes, I shall inflict on you none of the evils that I inflicted on the Egyptians, for it is I, Yahweh, who give you healing.”

Exodus 16:26

Strengthen all weary hands, steady all trembling knees and say to all faint hearts, “Courage! Do not be afraid.”

Isaiah 35: 3-4

He gives power to the weak, and to those who have no might,
He increases strength.

Isaiah 40:29

But those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary, they will walk and not be faint.

Isaiah 40:31





Fear not, I will help you.

Isaiah 41:13

Then your light shall break forth like the dawn, and
healing shall spring up quickly.

Isaiah 58:8

The Lord is my shepherd, I shall not be in want.
He makes me lie down in green pastures, he leads me beside
quiet waters, he restores my soul.

Psalms 23 1-3

Praise be to the Lord, for he has heard my cry for mercy.
The Lord is my strength and my shield; my heart trusts in him
and I am helped.

Psalms 28

Yahweh, my God, I cried to you for help, and you have healed me.

Psalms 30:2

For he will command his angels concerning you
to guard you in all ways.

Psalms 91:11





Praise the Lord, O my soul, and forget not all his benefits –
who forgives all your sins and heals all your diseases.

Psalm 103:3

He sent His word, and healed them; He rescued them from the grave.

Psalm 107:20

He brought back Israel's exiles, healing their broken hearts,
and binding up their wounds.

Psalm 147: 3

Do not be wise in your own eyes; fear the Lord and shun evil.
This will bring health to your body and nourishment to your bones.

Proverbs 3:7-8

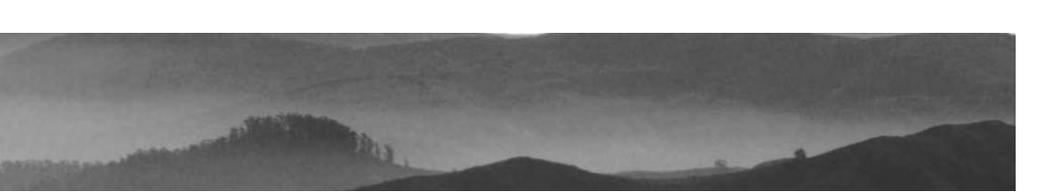
Heal me, O Lord and I shall be healed;
save me, and I shall be saved; for You are my praise.

Jeremiah 17:14

“For I know the plans I have for you,” declares the Lord,
“plans to prosper you and not to harm you , plans to give you
hope and a future.”

Jeremiah 29:11





For I will restore health unto you, and I will heal you of your wounds, says the Lord: because they called you an outcast, saying,
This is Zion, whom no man seeks after.

Jeremiah 30:17

I know that my Redeemer lives, and that in the end
He will stand upon the earth.

Job 19:13-27

The Lord bless you and keep you;
The Lord make His face to shine upon you,
and be gracious to you;
The Lord lift up His countenance upon you,
and give you peace.

Numbers 6:24-26

God the Lord is my strength;
He makes my feet like hinds feet.
He makes me tread on high places.

Habakkuk 3:19

For everything there is a season...

Ecclesiastes 3:1-5





Christian Scriptures

He said to her, “Daughter, your faith has healed you.
Go in peace and be freed from your suffering.”

Mark 5:34

This was to fulfill what was spoken through the prophet Isaiah:
“He took up our infirmities and carries our diseases.”

Matthew 8:17

And Jesus went about all the cities and the villages, teaching in the
synagogues, and preaching the gospel of the kingdom, and healing
every sickness and every disease among the people.

Matthew 9:35

He summoned His twelve disciples, and gave them authority over
unclean spirits with power to cast them out and to cure all kinds of
diseases and sickness.

Matthew 10:1





He sat there, and large crowds came to Him bringing the lame, the crippled, the blind, the dumb, and many others; these they put down at His feet, and He cured them.

Matthew 15: 30-31

He stood up to read, and they handed Him the scroll of the prophet Isaiah. Unrolling the scroll He found the place where it is written:

The Spirit of the Lord has been given to me, for he has anointed me. He has sent Me to bring the good news to the poor, to proclaim liberty to the captives and to the blind new sight, to set the downtrodden free to proclaim the Lord's year of favor.

Luke 4:17-19

Blessed are the poor, for theirs is the kingdom of God.

Luke 9:20

Do not let your hearts be troubles, trust in God; trust also in me.

John 14:1

Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with the oil in the name of the Lord. And the prayer of faith shall save the sick and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

James 5: 14-16





Praise be to the God and Father of our Lord Jesus Christ the
Father of Compassion and the God of all comfort, who
comforts us in all our troubles.

2 Corinthians 1:3-4

I can do everything through Him who gives me strength.

Phillipians 4:13

“Never will I leave you; never will I forsake you.” So we say with
confidence, “the Lord is my helper, I will not be afraid.”

Hebrews 13:5-6

Humble yourselves, therefore, under God’s mighty hand,
that He may lift you up in due time.

Cast all your anxiety on him because He cares for you.

1Peter 5:6-7





Islamic Tradition

To him you shall all return; God's promise shall be fulfilled.
He gives being to all creatures, and in the end
He will bring them back to life

Surah 10

Whoever keeps his duty to God, God will appoint a way out for
him, that he cannot foresee. And whoever puts his trust in God,
he will suffice him. God brings his command to pass.
God has set a measure for all things.

Qur'an 65. 2-3

On no soul doth God place a Burden greater than it can bear,
it gets every good that it earns, and suffers every ill it earns.

Surah 2.286



Other Scripture Passages

His miracles are countless, the waves of His bounty tide upon tide.
These and a hundred times as many miracles allow the light of
His face to shine in and out.

Rumi Mathnawi
3:1469, 1474

The Buddha, the truly Enlightened One, the unexcelled Master Physician... Having developed and perfected the medicines of the teachings over countless eons, having cultivated and learned all skills in application of means and fully consummated the power of illuminating spells, is able to quell all sentient beings affliction.

Buddhism
Garland Sutra 37

It is my Lord who determines and increases His sustenance for whomever He wants. He will replace whatever you spend for His cause, and He is the best sustainer.

Buddhism
Sutra 34

Whatever defect I have of eye, of heart, of mind, or whatever excess there is, may gracious Brihaspati remedy it.
Gracious to us be the Lord of the world.

Hinduism
Yajur Veda





Should anyone be victim of great anxiety, his body racked with
maladies, beset with problems of home and family, with pleasure
and pain alternating, wandering in all four directions without peace
or rest should he then contemplate the supreme being. Peaceful
shall his mind be and body become.

Sikhism Adi Granth
Sri Raga, M.5 Pg 70

Suffering is a gift box for containing God's mercy.
Medicine seeks pain –
Where suffering is, the remedy goes there.
United with me, you shall overcome all difficulties
with my grace.

Hinduism
Bhagavada Gita 18:58

God does not leave His child tied up overnight.

African Traditional Religion
(Nigeria)

Up dost Thou raise me, O Lord,
Through devotion dost Thou grant me endurance.
Through right powerful vigor,
and through good thought leadership.

Zoroastrianism
Avesta Yasna, 33:12





To those who have conformed themselves to the Way,
The Way readily lends its power
to those who have conformed themselves to the power,
The power readily lends more power.

Taoism
Tao Te Ching 23

The world is full of remedies
but you have no remedy until God opens a window for you.
You may not be aware of that remedy right now.
In the hour of need it will be made clear to you.
The prophet said God made a remedy for every pain.

Rumi, Mathnawi 2:682-84





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