

# 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*

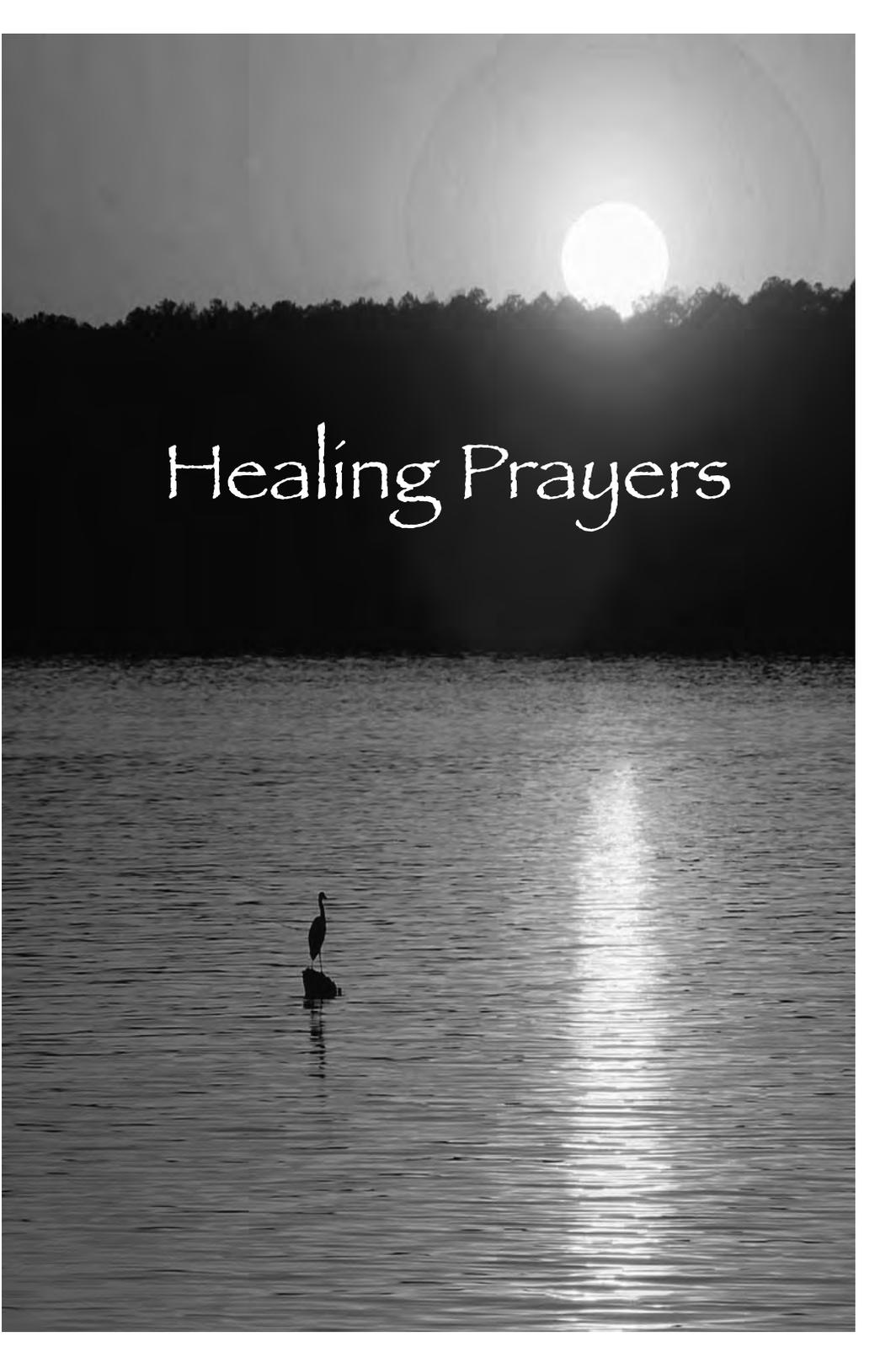
*We* live in a world of broken bodies and broken hearts;  
broken homes and broken spirits.

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 (17<sup>th</sup> cent.)*

## In the Morning

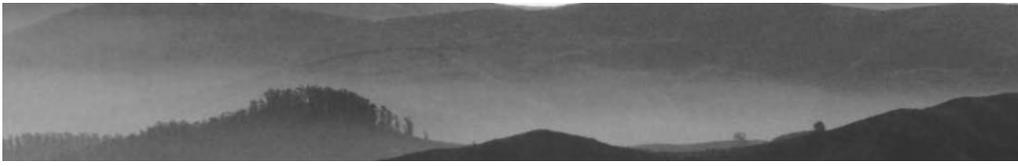
O God of all hope, whatever happens during this day  
is in Your hands.

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:

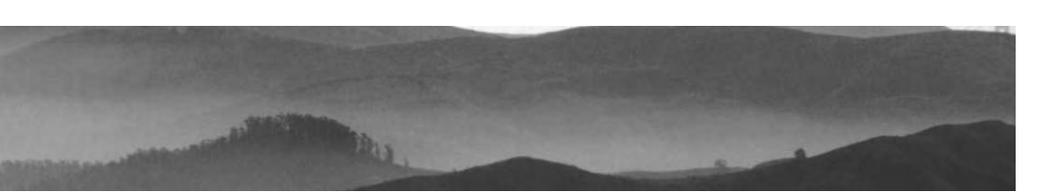
You who are our support in the hours of our trial,  
In You alone do we find the everlasting arms  
Which uphold us in our grief and sorrow.  
Teach us, we pray You,  
To learn the deeper lessons of our loss.  
For You come not with the hand of punishment,  
But with the handclasp of peace.  
Though 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)*

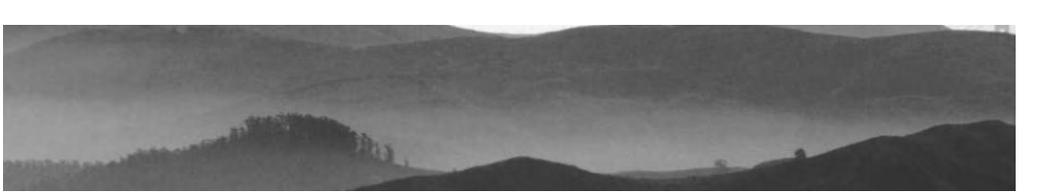


Suffer me not, O my Lord

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)*

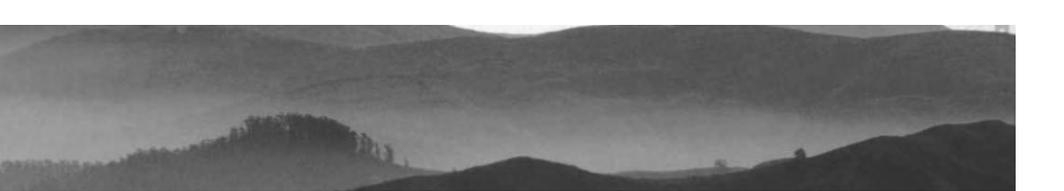
## For Peacefulness

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.

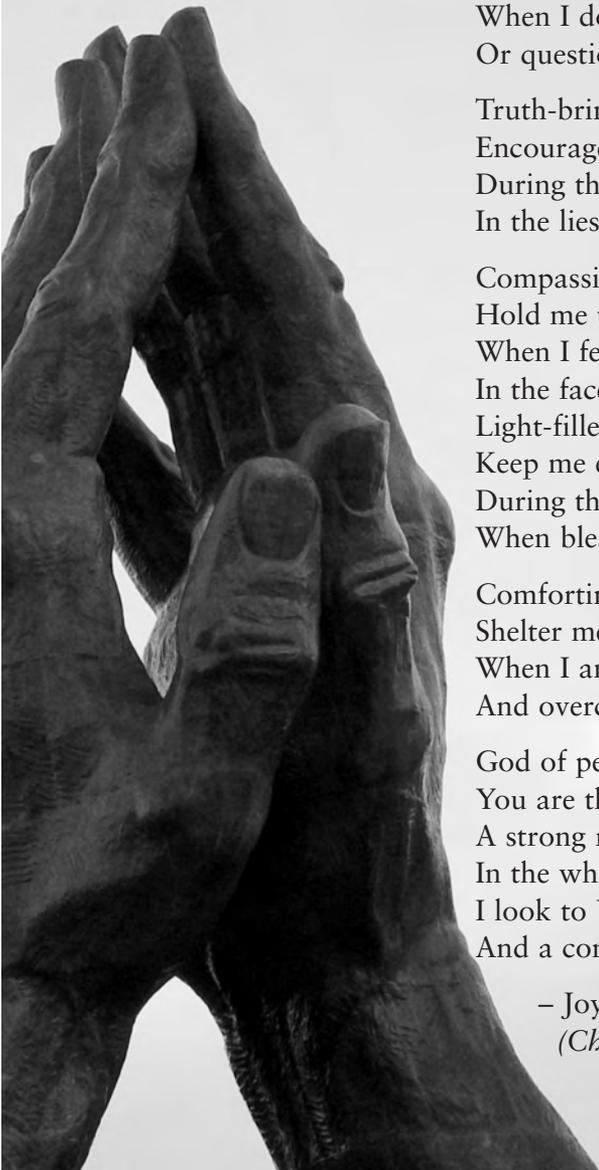
*(Islamic Tradition)*

## 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.

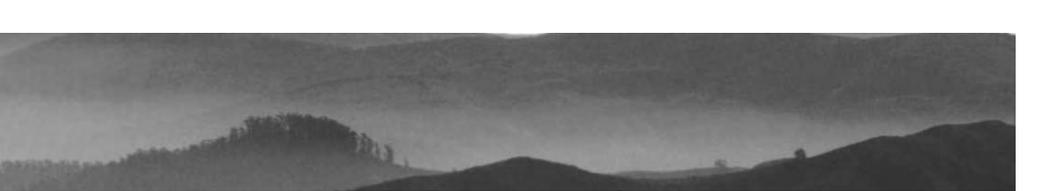
Truth-bringing God,  
Encourage me to embrace You  
During those times when I get lost  
In the lies of my weakness.

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.

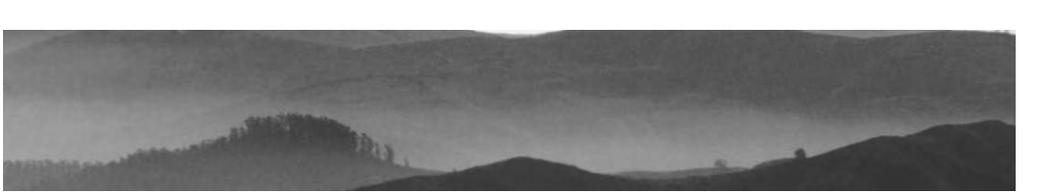
Teach me how to enter my suffering in a way  
that brings me greater wisdom and growth.  
Gift me with determination not to turn away.  
help me to meet myself with kindness and mercy.  
tender and loving God,  
together let us walk the road to my healing.

– 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



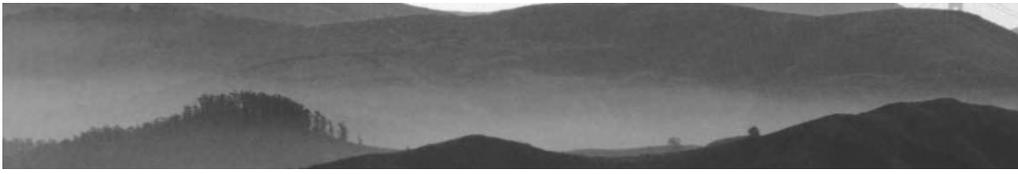


## A List of Healing Tools

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.

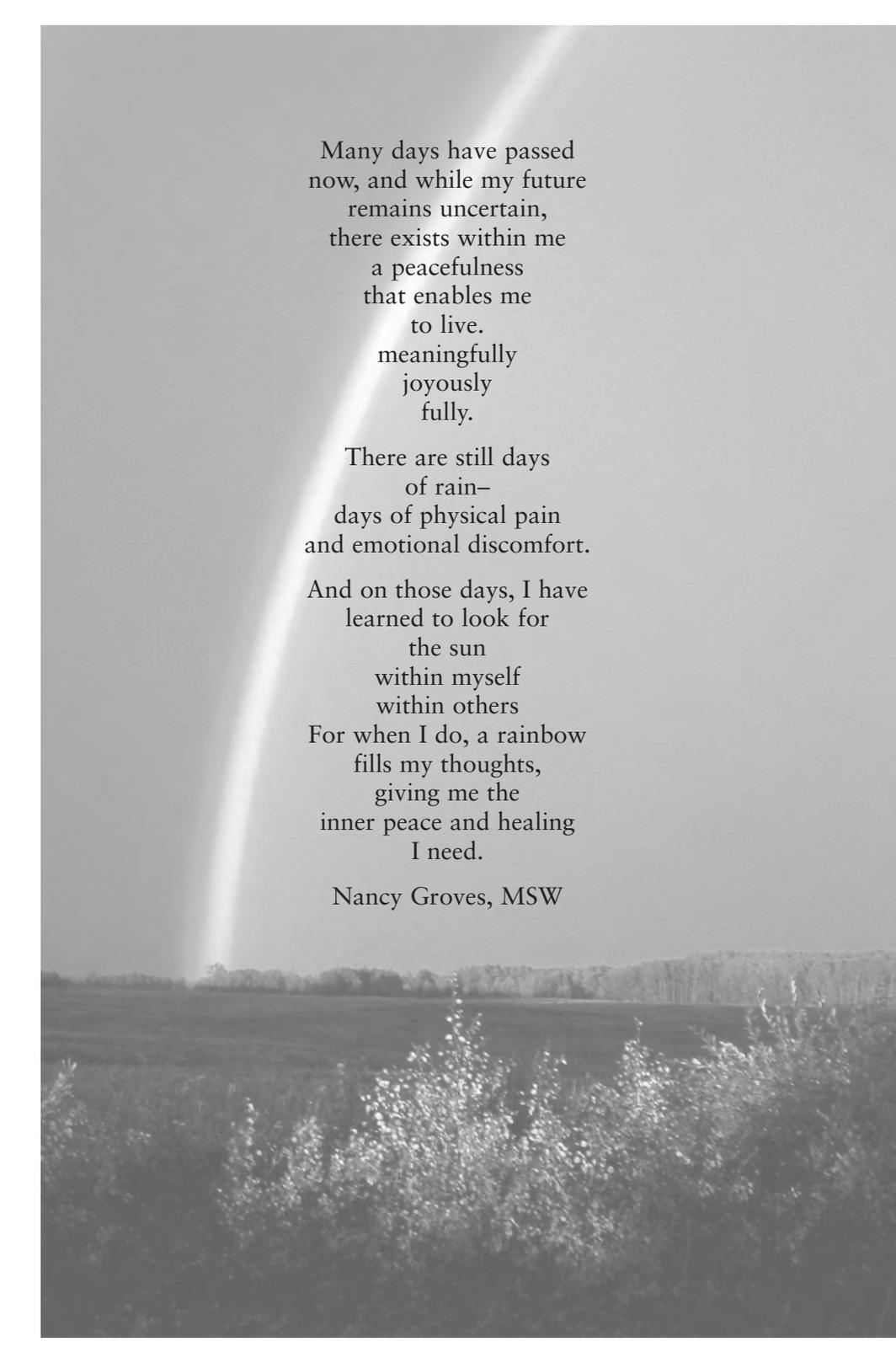
Much we can do for ourselves;  
and what we can do  
we must do-  
healing,  
no less than illness,  
is participatory.

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 have dark centers and light-colored petals. The text "Healing Scriptures" is overlaid in a white, serif font in the upper left quadrant of the image.

# 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

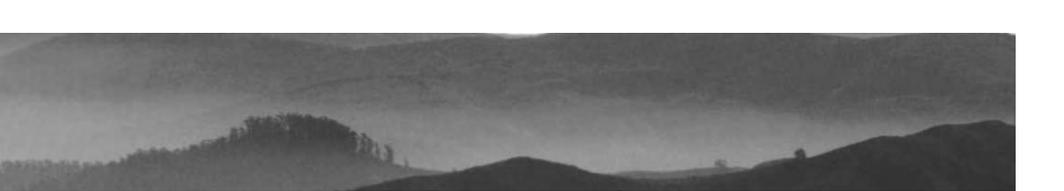
Heal me, O Lord and I shall be healed;  
save me, and I shall be saved; for You are my praise.

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.”

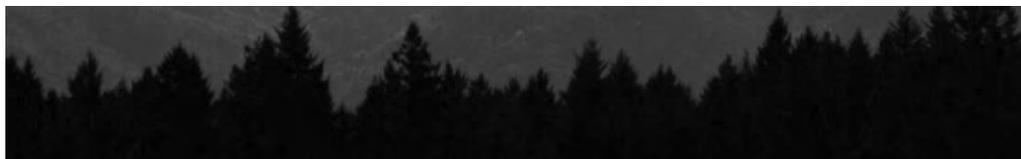
Matthew 8:17

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 troubled, 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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