

If you had walked in the way of God, you would be living in peace forever. Learn where there is wisdom, where there is strength, where there is understanding, so that you may at the same time discern where there is length of days, and life, where there is light for the eyes, and peace.²⁷

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.²⁸

1. Thanks **I give thanks for healing.**

I come before before the God of encouragement and compassion, feeling God's arms around gather me up in welcome. I sift the day or month, with gratitude, for times I have received or given forgiveness.

I ask the Spirit to intercede for me with sighs too deep for words.

2. Review **Today, I seek the power of Inner Peace.**

In my present urgent situation, what do I desire healing for?

Is there a particular relationship, with a history, I would like to heal now?

Is there an illness of body, mind or spirit I would like healing for?

I humbly ask Jesus for healing. He breathes the Spirit into me.

3. Healed **I breathe in the Spirit of Healing.**

Then I imagine and feel the Spirit breathing healing and new life into me.

I breathe it in deep, wait, then breathe it out into my need. I repeat as desired – breathing, healed, renewed.

I conclude giving thanks, moving from illness to health, with God's answer to my cry.

PRAYER TIME: 10 minutes.

²⁷ Bar 3:14

²⁸ Is 58:6-9