

# A 7-Day Bible Reading Plan on God's *Healing*



*Whether you are sick in body, broken in spirit, or carrying wounds that have no name — this plan takes you through Scripture's full and honest teaching on healing: what God promises, what He does, and why some prayers feel unanswered.*

7 Days · 10–12 minutes/day · All levels · NKJV

## A word before you begin

**This plan was written for people who are hurting.**

If you are reading this while you or someone you love is ill — physically, emotionally, or spiritually — this plan does not offer you easy answers. The Bible does not offer easy answers either, and any plan that pretends otherwise is not being faithful to Scripture.

What you will find here is something better than easy answers: an honest God who does not require you to perform faith or suppress doubt, a Saviour who touched the sick and wept at the graveside, and promises that are real — even when their fulfilment takes longer than we can bear.

**Read slowly. Bring your real pain. God is not afraid of it.**

Healing is one of the most pastorally sensitive topics in all of Christian ministry. It sits at the intersection of God's power and human suffering — and the gap between what we know God can do and what He sometimes appears not to do can become the most agonising place in a believer's life.

This 7-day plan engages the full breadth of what Scripture teaches: that God is genuinely a healer — it is one of His revealed names; that Jesus healed every person who came to Him; that healing prayer is commanded in the New Testament; and that healing in this age is real but not guaranteed in every individual case, because we live between the already and the not yet of God's kingdom.

Each of the seven days carries a different dimension of healing. Together they form a complete and honest theology of healing that equips you to stand on God's Word without being blindsided by the complexity of human experience.

Day 1 · The Healer's Name

## **I Am the Lord Who Heals You**

Exodus 15:26 · Psalm 103:2–5 · Jeremiah 17:14

### **Today's Scripture**

Exodus 15:26 · Psalm 103:2–3 · Jeremiah 17:14

*"And said, 'If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you.'" · "Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases." · "Heal me, O Lord, and I shall be healed; Save me, and I shall be saved, for You are my praise."*

New King James Version (NKJV)

### **REFLECTION**

The Hebrew name revealed in Exodus 15:26 is *Yahweh Rapha* — "the Lord who heals you." This is not a description of something God occasionally does. It is a declaration of who He is. In the ancient world, a name was not a label but an identity — it revealed character, nature, purpose. When God names Himself Rapha, He is telling Israel — and through Israel, every generation of His people — that healing is woven into the fabric of who He is. He cannot be fully known without knowing Him as the One who heals.

Psalm 103:3 places healing directly alongside forgiveness in the same breath: He "heals all your diseases." The parallelism is intentional. In biblical thought, the restoration of the whole person — spiritual,

physical, emotional — is always in view when God acts. He is the God of shalom — wholeness — and shalom encompasses every dimension of human existence.

Jeremiah's prayer in 17:14 is strikingly personal: "Heal me, O Lord, and I shall be healed." It is a statement of absolute confidence in His sufficiency: if You heal, the healing is complete and real. Begin this plan with that same foundation: you are bringing your need to the God whose name is Healer.

#### THE HONEST QUESTION

If God's name is Healer and He heals "all your diseases," why is there still sickness — in my life, in the lives of people I love? This plan will not pretend this question has an easy answer. But we begin with the foundation: not with the complexity, but with the Name. Build on who He is before you wrestle with what you don't understand.

#### STAND ON THIS TODAY

*"For I am the Lord who heals you."*

Exodus 15:26 (NKJV)

#### PRAYER

*"Lord — Yahweh Rapha — I come to You today not as a stranger asking a favour, but as one who knows Your name. Your name is Healer. That is not my hope projected onto You; it is Your own declaration. I bring my need to the One whose identity is restoration. I don't yet understand everything. But I know Your name. Heal me. Heal those I love. I trust the One who bears this name. Amen."*

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**Journal prompt:** What does it mean to you personally that healing is not just something God does but part of who He is? How does starting with His name — rather than your need — change the posture you bring to this week?

Day 2 · The Compassion of Christ

## Jesus and the Suffering — He Was Moved

Matthew 14:14 · Mark 1:40–42 · John 11:33–36

### Today's Scripture

Mark 1:40–42 · John 11:35

*"Now a leper came to Him, imploring Him, kneeling down to Him and saying to Him, "If You are willing, You can make me clean." Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, "I am willing; be cleansed." As soon as He had spoken, immediately the leprosy left him, and he was cleansed." · "Jesus wept."*

New King James Version (NKJV)

### REFLECTION

The leper who approaches Jesus in Mark 1 does not say "You can make me clean" — he says "If You are willing." His question is not about Jesus' power. It is about Jesus' willingness. And Jesus' response is one of the most important words in the Gospels: "I am willing." Not: I might be. Not: Let me check. I am willing.

The Greek word translated "moved with compassion" is *splagchnizomai* — rooted in the word for the deepest parts of the body. This is not polite sympathy. This is visceral, gut-level compassion. When Jesus sees the sick, the broken, the grieving — He does not feel mild concern. He feels their pain in the deepest place. He is not distant from your suffering. He is moved by it.

"Jesus wept" — the shortest verse in the Bible, and one of the most profound. At Lazarus' tomb, knowing He is about to raise him from the dead, Jesus weeps anyway. He does not short-circuit the grief because He knows the ending. He enters it. This is what it means that Jesus is a high priest who sympathises with our weakness — not from the outside, looking in with kind distance, but from the inside, having wept the same tears.

### THE HONEST QUESTION

Jesus healed every person who came to Him during His earthly ministry — and yet not everyone in the world was healed. He did not go to every village. Not every leper was touched. His compassion was total, but His ministry was particular. This is not evidence of indifference; it is evidence of a plan. The same Jesus who wept at one graveside is the Jesus who said "I am the resurrection and the life."

### STAND ON THIS TODAY

*"Then Jesus, moved with compassion, stretched out His hand and touched him."*

Mark 1:41 (NKJV)

## PRAYER

*"Lord Jesus, You wept. You were moved. You are not distant from what I carry. Today I come to You not performing courage or faith I do not feel — I come as the leper came: kneeling, honest, uncertain of what You will do but certain of who You are. I believe You are willing. Touch me where I need healing. Meet me in this. Amen."*

**Journal prompt:** Where have you been uncertain not of God's power but of His willingness — His want to — toward you specifically? Bring that uncertainty honestly into today's prayer.

Day 3 · Inner Wholeness

## Healed from the Inside — Soul, Mind, and Spirit

Psalm 147:3 · Isaiah 61:1–3 · Luke 4:18

### Today's Scripture

Psalm 147:3 · Isaiah 61:1 · Luke 4:18

*"He heals the brokenhearted and binds up their wounds." · "The Spirit of the Lord God is upon Me, because the Lord has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound." · "The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed."*

New King James Version (NKJV)

## REFLECTION

The word in Psalm 147:3 translated "brokenhearted" is *shabar leb* in Hebrew — literally "shattered heart." This is not poetic metaphor for mild sadness. This is the language of fracture, of the heart that has been broken by loss, by betrayal, by grief that does not resolve. And the same God who named Himself Rapha in Exodus 15 specifically binds up this wound. He is not only the healer of bodies. He is the healer of shattered hearts.

When Jesus reads from Isaiah 61 in the synagogue at Nazareth and says "Today this Scripture is fulfilled in your hearing," He announces the scope of His mission: good news to the poor, freedom for captives, recovery of sight for the blind, liberty for the oppressed. This is a description of the comprehensive liberation the Messiah brings. Jesus came to heal the whole person in the whole of their brokenness.

Some of us need physical healing. Some need emotional healing from wounds carried for decades. Some need the healing of fractured relationships, of shame buried deep, of grief that has calcified into

numbness. The Messiah came for all of it — not just the visible, medically diagnosable, but the wounds that have no name and no test, the ones only God can see.

#### THE HONEST QUESTION

Is emotional or relational healing "real" healing in the way physical healing is? Yes — and for many people, the inner wounds are the deeper ones. God does not rank your brokenness by category. The brokenhearted receive His binding up with the same faithfulness as the physically sick receive His touch. Where do you most need His binding today?

#### STAND ON THIS TODAY

*"He heals the brokenhearted and binds up their wounds."*

Psalm 147:3 (NKJV)

#### PRAYER

*"Lord, the wound I carry is not only in my body. There are places in me that ache in ways I cannot describe to a doctor. You see them. You named Yourself the healer of shattered hearts. Come into the broken place. Bind what is fractured. Proclaim liberty where I am captive to grief or shame or fear. Today this Scripture is fulfilled — even for me. Amen."*

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**Journal prompt:** What is the inner wound — the emotional, relational, or spiritual fracture — that you have perhaps never brought as directly to God as you have brought your physical needs? Name it today. Bring it to the One who binds the brokenhearted.

Day 4 · The Prayer of Faith

## Call the Elders — How the Church Prays for Healing

James 5:13–16 · Mark 16:17–18 · Acts 3:6–8

### Today's Scripture

James 5:13–16

*"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."*

New King James Version (NKJV)

### REFLECTION

James 5 is the New Testament's most direct and practical instruction on healing prayer — addressed not to individuals praying alone but to the community of the church. When someone is sick, they are to call the elders. The elders are to pray over them and anoint them with oil in the name of the Lord. This is a communal act, not a private spiritual transaction. You were not designed to be sick alone.

The anointing with oil carries both Jewish and practical significance — oil was a symbol of the Spirit's presence and a healing agent of the ancient world. James is not prescribing magic; he is prescribing faith-filled, Spirit-conscious, community-supported prayer. "The Lord will raise him up" — not the oil, not the elder, not the formula. The Lord.

"The effective, fervent prayer of a righteous man avails much" — and James illustrates with Elijah, described as "a man with a nature like ours" (v.17). The barrier to effective healing prayer is not a special gift available only to certain Christians. The condition is righteousness — right relationship with God — and persistent, faith-filled prayer.

### THE HONEST QUESTION

"The prayer of faith will save the sick" — and yet many people of deep faith have been prayed over many times and not received physical healing. James does not explain this gap. He is writing a practical letter about how the church should act. The promise is real and the practice is commanded — and the mystery of individual outcomes belongs to tomorrow's reading.

#### STAND ON THIS TODAY

*"The effective, fervent prayer of a righteous man avails much."*

James 5:16 (NKJV)

#### PRAYER

*"Lord, I bring my sickness before Your church — before the community You placed me in. I will not be sick alone. I receive the prayers of those who pray for me. I believe that Your power is not diminished by the mystery I don't yet understand. I pray with what faith I have: raise me up. And if there is any unconfessed sin that is a barrier, show me — I am willing to confess it. Amen."*

**Journal prompt:** Have you ever asked the elders or a trusted community of believers to pray over you specifically for healing? What holds you back from the vulnerability that James commands?

Day 5 · When Healing Doesn't Come

## Paul's Thorn — Grace That Is Sufficient

2 Corinthians 12:7–10 · Romans 8:18–23

#### Today's Scripture

2 Corinthians 12:7–10

*"And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."*

New King James Version (NKJV)

#### REFLECTION

This is the most important passage in the New Testament for anyone who has prayed faithfully for healing and not received it — because it is written by the man who healed others, who prayed with extraordinary faith, and who was himself told no. Three times Paul "pleaded with the Lord" to remove the thorn — the same number of times Jesus asked the Father in Gethsemane. And the answer was not healing. The answer was: "My grace is sufficient for you."

Paul never tells us what the thorn was. The vagueness may be intentional — the thorn is universal precisely because it is unspecified. Every person who reads this can insert their own. What Paul does tell us is that its purpose was to prevent pride — to keep him from the conceit his extraordinary revelations might have produced. The thorn was not punishment. It was protection.

"My strength is made perfect in weakness" — God's power does not merely coexist with human weakness; it reaches its fullest, most visible expression through it. A vessel that is cracked and obviously inadequate — and yet full and overflowing — shows everyone that the source of the fullness is not the vessel. Paul's weakness was the display case for Christ's sufficiency. Your unanswered prayer may be the same.

#### THE HONEST QUESTION

Does "My grace is sufficient" mean God is refusing to heal you? Not necessarily. It means God is present in the waiting. His answer to your prayer may be sufficiency within the condition rather than removal of it — and that is not a lesser answer, though it is a harder one. Some of the most powerful people in Scripture carried the most visible limitations.

#### STAND ON THIS TODAY

*"My grace is sufficient for you, for My strength is made perfect in weakness."*

2 Corinthians 12:9 (NKJV)

#### PRAYER

*"Lord, this is the hardest prayer to pray: Your grace is enough. I want to mean it. I am still asking for healing — I will not stop asking. But if Your answer for this season is sufficiency within the pain rather than removal of it, then I receive Your grace. Let Your strength be made perfect in my weakness. Let my cracked vessel display Your fullness. Amen."*

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**Journal prompt:** Can you think of a limitation or suffering in your life that God has not removed — through which you have nonetheless seen His power or grace displayed? What does Paul's experience say to your own unanswered prayer?

Day 6 · Suffering and Glory

## The Weight of Glory — What Suffering Produces

Romans 5:3–5 · 2 Corinthians 4:16–18 · 1 Peter 4:12–13

### Today's Scripture

2 Corinthians 4:16–18 · Romans 5:3–5

*"Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light and momentary troubles are achieving for us an eternal weight of glory far beyond all comparison, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." · "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."*

New King James Version (NKJV)

### REFLECTION

Paul calls his sufferings "light and momentary troubles." This is not denial — Paul has listed, in the verses just before this, a catalogue of suffering that would break most people: beatings, imprisonment, shipwrecks, hunger. He is not minimising. He is measuring. He places his suffering on one side of a scale and eternity on the other — and eternity is so much heavier that the suffering becomes, by comparison, light.

"Even though our outward man is perishing, yet the inward man is being renewed day by day." This is one of the most honest statements in Scripture about chronic illness or advancing age. Paul does not say the body does not waste. He says: while the outer is perishing, the inner is being renewed. Two simultaneous realities, both true, and the believer's task is to fix their eyes on the one that is permanent.

The chain in Romans 5 — tribulation, perseverance, character, hope — describes something that cannot be produced by any other means. The hope that emerges from the far side of suffering is not the fragile optimism of comfortable people; it is the settled confidence of the one who has found that God is faithful in the darkest place. This is not a reason to wish for suffering. It is a reason not to waste the suffering you have.

#### THE HONEST QUESTION

Does "tribulation produces perseverance" mean God caused your illness? No. The Bible distinguishes between what God ordains, what He permits, and what He redeems. He does not need to have caused your suffering to work within it. The chain in Romans 5 is not about the origin of suffering — it is about what God does with it when you remain in His hands. He wastes nothing.

#### STAND ON THIS TODAY

*"Our light and momentary troubles are achieving for us an eternal weight of glory far beyond all comparison."*

2 Corinthians 4:17 (NKJV)

#### PRAYER

*"Lord, I look away from what is perishing and fix my eyes on what is unseen and eternal. I cannot see what You are achieving in me through this — but I trust that something is being built that this pain cannot destroy. Renew me inwardly, even while the outward wears down. Do not let my suffering be wasted. Produce in me perseverance, character, and a hope that does not disappoint. Amen."*

**Journal prompt:** Looking at your life honestly — what has suffering produced in you that ease could not have? And what is still being produced right now that you cannot yet see the shape of?

Day 7 · The Final Healing

## No More Pain — The Healing That Will Not Be Undone

Revelation 21:3–5 · Romans 8:23 · 1 Corinthians 15:42–44

#### Today's Scripture

Revelation 21:3–5 · 1 Corinthians 15:42–44

*"And I heard a loud voice from heaven saying, 'Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.' Then He who sat on the throne said, 'Behold, I make all things new.'" · "The body is sown in corruption, it is raised in incorruption. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a natural body, it is raised a spiritual body."*

New King James Version (NKJV)

## REFLECTION

Every healing that happens in this present age is a foretaste. A firstfruit. A sign pointing forward to what is coming. Because everything that is healed in this age can in principle get sick again. Every body that is cured still eventually dies. What is coming is something categorically different: a healing that cannot be reversed, a body that cannot decay, a creation from which death has been permanently expelled.

Revelation 21:4 lists what will be absent in the new creation: death, mourning, crying, pain. Not reduced. Not managed. Absent. Gone. "The former things have passed away." The voice from the throne does not say "I will make all new things" — replacing the old with something different. It says "I make all things new" — the same creation, renewed and restored, healed of every wound the Fall inflicted.

1 Corinthians 15 describes the resurrection body in four breathtaking contrasts: corruption to incorruption, dishonour to glory, weakness to power, natural to spiritual. The body you inhabit now — the one that aches, the one that fails — is the seed. What it becomes at the resurrection is the flower. Every sufferer who trusted God through their suffering and was not healed in this life will be healed in the next — permanently, perfectly, irreversibly.

### THE HONEST QUESTION

Does the promise of future healing make present suffering easier to bear? For some, yes — enormously. For others in acute pain, a distant future can feel insufficient for the agony of today. Both responses are honest. The resurrection hope is not meant to silence lament; it is meant to anchor it. You can cry "How long?" and still say "Even so, come, Lord Jesus." Both prayers belong in the same mouth.

### STAND ON THIS TODAY

*"God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain."*

Revelation 21:4 (NKJV)

### PRAYER

*"Lord, I hold both things today: the prayer of the present — heal me, Lord, I am asking — and the anchor of the future — every tear wiped, no more pain, the former things passed away. I live between those two realities. Give me grace for the space in between. Let the resurrection morning be more real to me than the suffering of today — not because the suffering is not real, but because what is coming is more real still. Come, Lord Jesus. Make all things new. Amen."*

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**Journal prompt:** Looking back over seven days — what has shifted in how you understand God's healing? What truth from this week do you most need to carry into the days ahead — and what are you still honestly wrestling with?

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*"Seven days. Seven dimensions of God's healing: His name, His compassion, the wholeness He desires, the prayer He commands, the grace He gives when healing waits, the glory He builds through suffering, and the final healing no sickness will ever undo. You have not been given easy answers. You have been given a true God. Hold on to Him."*

— End of the Seven Days

*"He heals the brokenhearted and binds up their wounds."*

Psalm 147:3 (NKJV)

## **You are not alone in this**

If you are walking through illness — your own or someone you love — do not walk it alone. Bring it to your church community. Ask for prayer with the elders, as James commands. And keep bringing it to God, who does not grow weary of the same prayer said with honest need.

If this plan has been helpful, the 21-Day Prayer Plan is the natural companion — because everything in this plan lands most deeply in the soil of a developed prayer life. Visit [christianbookdigest.com](http://christianbookdigest.com) for all our reading plans.

And if you are waiting for healing that has not yet come — keep the anchor verse from Day 7 close. Every tear will be wiped. Every wound will be healed. God's name is still Rapha.

*"For I am the Lord who heals you." — Exodus 15:26 (NKJV)*