

# 21 Day Healing Challenge

*“He sent His word and healed them,  
And delivered them from their destructions.”*

*Psalm 107:20*

## **Directions:**

1) Make a list of everything you want healed in your body and mind. Each day before you start the challenge, pray and ask God (Jehovah-Rapha) to heal the things on your list in Jesus' name.

2) Speak the attached verses out loud **3 times a day** for 21 days straight.

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1. Thank You that You are the LORD who heals me (Exodus 15:26)
2. Thank You that my days shall be one hundred and twenty years (Genesis 6:3)
3. Thank You that I shall be buried in a good old age (Gen. 15:15)
4. Thank You that I shall come to the grave at a full age, as a sheaf of grain ripens in its season (Job 5:26)
5. Thank You that when You see the blood, You will pass over me; and the plague shall not be on me to destroy me when You strike the land of Egypt (Exodus 12:13)
6. I shall serve the LORD my God, and He will bless my bread and my water. And He will take sickness away from the midst of me (Exodus 23:25)
7. Thank You that You will take away from me all sickness, and will afflict me with none of the terrible diseases of Egypt which I have known (Deuteronomy 7:15)
8. Thank You that it will be well with me and my days shall be multiplied and prolonged as the days of heaven upon the earth (Deut. 11:9,21)
9. Thank You that You turned the curse into a blessing unto me, because You loved me (Deut. 23:5 and Neh. 13:2)

10. Thank You that when You see the blood, You will pass over me; and the plague shall not be on me to destroy me when You strike the land of Egypt (Exodus 12:13)
11. Thank You that You have found a ransom for me, my flesh shall be fresher than a child's and I shall return to the days of my youth (Job 33:24, 25)
12. Thank You that You have healed me and brought up my soul from the grave; You have kept me alive from going down into the pit (Ps. 30:1, 2)
13. Thank You that You will give me strength and bless me with peace (Ps. 29:11)
14. Thank You that You will preserve me and keep me alive (Ps. 41:2)
15. Thank You that You are the health of my countenance and my God (Ps.43: 5)
16. Thank You that no plague shall come near my dwelling (Ps. 91:10)
17. Thank You that You will satisfy me with long life (Ps. 91:16)
18. Thank You that You heal all my diseases (Ps. 103:3)
19. Thank You that You sent Your Word and healed me and delivered me from my destructions (Ps.107:20)
20. Thank You that I shall not die, but live, and declare Your works (Ps. 118:17)
21. Thank You that You heal my broken heart and bind up my wounds (Ps. 147:3)
22. Thank You that the years of my life shall be many (Pr. 4:10)
23. Thank You that trusting You brings health to my navel and marrow to my bones (Pr. 3:8)
24. Thank You that Your words are life to me, and health/medicine to all my flesh (Pr. 4:22)
25. Thank You that Your pleasant words are sweet to my soul and health to my bones (Pr. 16:24)
26. Thank You that Your joy is my strength. A merry heart does good like a medicine (Neh. 8:10; Pr.17:22)
27. Thank You that the eyes of the blind shall be opened. The eyes of them that see shall not be dim (Isa. 32:3; 35:5)
28. Thank You that the ears of the deaf shall be unstopped. The ears of them that hear shall hearken (Isa. 32:3; 35:5)
29. Thank You that the tongue of the dumb shall sing. The tongue of the stammerers shall be ready to speak plainly (Isa. 35:6; 32:4)
30. Thank You that I shall leap as a hart (Isa. 35:6)
31. Thank You that You will recover me and make me to live. You are ready to save me (Isa. 38:16, 20)
32. Thank You that You I give power to the faint. You increase strength to me that has no might (Isa. 40:29)
33. Thank You that You will renew your strength. You will strengthen and help me (Isa. 40:31; 41:10)
34. Thank You that to my old age and gray hairs You will carry me and You will deliver me (Isa. 46:4)
35. Thank You Jesus that You bore my sickness (Isa. 53:4)
36. Thank You Jesus that You carried my pains (Isa. 53:4)
37. Thank You Jesus that You were put to sickness for me (Isa. 53:10)
38. Thank You that by Your stripes I am healed (Isa. 53:5)
39. Thank You that You will heal me (Isa. 57:19)

40. Thank You that my light shall break forth as the morning and my health shall spring forth speedily (Isa. 58:8)
41. Thank You that You will restore health unto me, and You will heal me of my wounds (Jer. 30:17)
42. Thank You that You will bring me health and cure, and You will cure me, and will reveal unto me the abundance of peace and truth (Jer. 33:6)
43. Thank You that You will bind up that which was broken and will strengthen that which was sick (Eze. 34:16)
44. Thank You that You will cause breath to enter into me and I shall live. And You shall put Your Spirit in me and I shall live (Eze. 37:5,14)
45. Thank You that I seek You and I shall live (Amos 5:4, 6)
46. Thank You Jesus that You have arisen with healing in Your wings (Mal. 4:2)
47. Thank You that You are my Lord my physician (Mt. 9:12 & Ex.15:26)
48. Thank You Jesus that You are moved with compassion toward me and You heal me (Mt. 14:14)
49. Thank You that You heal all manner of sickness and all manner of disease (Mt. 4:23)
50. Thank You that You give me power and authority over all unclean spirits to cast them out, and to heal all manner of sickness and all manner of disease (Mt. 10:1 & Lk. 9:1)
51. Thank You that as many as touch You are made perfectly whole (Mt. 14:36)
52. Thank You that healing and deliverance is my bread (Mt. 15:26)
53. Thank You that when hands are laid on me, I shall recover (Mk. 16:18)
54. Thank You that Your anointing heals the brokenhearted, and delivers the captives, recovers sight to the blind, and sets at liberty those that are bruised (Lk. 4:18; Isa. 10:27; 61:1)
55. Thank You Jesus that You heal all me who has need of healing (Lk. 9:11)
56. Thank You Jesus that You have not come to destroy my life but to save me (Lk. 9:56)
57. Thank You Jesus that You give me authority over all the enemy's power and nothing shall by any means hurt me (Lk. 10:19)
58. Thank You that sickness is satanic bondage and I ought to be loosed today (Lk. 13:16 & II Cor. 6:2)
59. Thank You Jesus that that in You is life (Jn. 1:4)
60. Thank You Jesus that You are the bread of life. You give me life (Jn. 6:33, 35)
61. Thank You Jesus that You have come that I might have life, and that I might have it more abundantly (Jn. 10:10)
62. Thank You Jesus that faith in Your name makes me strong and gives me perfect soundness (Acts 3:16)
63. Thank You Jesus that You stretch forth Your hand to heal (Acts 4:30)
64. Thank You Jesus that You make me whole (Acts 9:34)
65. Thank You Jesus that You do good and heal all that are oppressed of the devil (Acts 10:38)
66. Thank You Jesus that Your power causes diseases to depart from me (Acts 19:12)
67. Thank You that the law of the Spirit of life has made me free from the law of sin and death (Rom. 8:2)
68. Thank You that the same Spirit that raised Jesus from the dead now lives in me and that Spirit will quicken my mortal body (Rom. 8:11)

- 69. Thank You Jesus that my body is a member of You (I Cor. 6:15)
- 70. Thank You that my body is the temple of Your Spirit and I am to glorify You in my body (I Cor. 6:19, 20)
- 71. Thank You that the life of Jesus also may be manifested in my body (II Cor. 4:10)
- 72. Thank You that You have delivered me from death, You do deliver me, and if I trust You, You will yet deliver me (II Cor. 1:10)
- 73. Thank You Jesus that You have given me Your name and have put all things under my feet (Eph. 1:21, 22)
- 74. Thank You Jesus that You have delivered me from the authority of darkness (Col. 1:13)
- 75. Thank You Jesus that You will deliver you from every evil work (II Tim. 4:18)
- 76. Thank You Jesus that You have tasted death for me. You destroyed the devil who had the power of death. You have delivered me from the fear of death and bondage (Heb. 2:9, 14, 15)
- 77. Thank You that when the elders anoint me and pray for me in Your name, You will raise me up (Jas. 5:14, 15)
- 78. Thank You Jesus that when I pray for others and You will heal me (Jas. 5:16)
- 79. Thank You Jesus that by Your stripes I was healed (I Pet. 2:24)

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Check off a box for each time you complete a round

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