



He that  
*H*ealeth  
thee

Christine Brooks Martin



# He That Healeth Thee

by  
Christine Brooks Martin

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Christine Brooks Martin

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*Unless otherwise noted, all scripture references are from the King James Version of the Bible.*

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## **DEDICATIONS**

This book is dedicated to my friends  
Rose, Cheryl and Daisy.

Thank you for allowing me to be a friend and prayer partner.  
In the darkest moments of your trials, tragedy and trauma, you yielded to  
the comfort, help, provision, protection and exceeding joy of the Lord  
Most High.  
Thank you for allowing me to be a witness to your ultimate testimonies of  
deliverance.

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## PREFACE

Exodus 15:26

*... If thou wilt diligently hearken to the voice of the LORD thy God,  
and wilt do that which is right in his sight, and wilt give ear to his  
commandments,  
and keep all his statutes, I will put none of these diseases upon thee,  
which I have brought upon the Egyptians: for I am the LORD that healeth  
thee.*

Psalm 147:3

*He healeth the broken in heart, and bindeth up their wounds.*

Ecclesiastes 4:1

*So I returned, and considered all the oppressions that are done under the  
sun:  
and behold the tears of such as were oppressed, and they had no  
comforter;  
and on the side of their oppressors there was power; but they had no  
comforter.*

Isaiah 19:20

*And it shall be for a sign and for a witness unto the LORD of hosts in the  
land of Egypt:  
for they shall cry unto the LORD because of the oppressors,  
and he shall send them a saviour, and a great one, and he shall deliver  
them.*

Isaiah 30:19

*For the people shall dwell in Zion at Jerusalem: thou shalt weep no more:  
he will be very gracious unto thee at the voice of thy cry; when he shall  
hear it, he will answer thee.*

Matthew 8:7

*And Jesus saith unto him, I will come and heal him.*

John 14:16

*And I will pray the Father, and he shall give you another Comforter,  
that he may abide with you for ever;*

Most people go through life striving for success, many times modeling

themselves after others who seem to have it all. We look for and follow patterns and strategies to help us avoid pitfalls while attempting to reach our ultimate goals. Nothing could be greater than an idyllic lifestyle filled with simplicity and joy. But every one of us will be confronted with events and circumstances aimed to challenge and affect our very existence. We are body, soul and spirit. The core of our existence or how we exercise it is through the soul. The soul is our mind, will, emotions and intellect. Subsequently, what we think, how we feel, what we say, and what we do will reflect how we come to grips or deal with life.

The Book of Job in the bible, unfolds to us the greatest example of a person's experience with the uncertainties of life. Job is an affluent and prosperous man, a pillar of society and known throughout the land. By today's standards, he would be ranked among the very rich and famous. He has power, prestige, position and possessions. More than anything, he also has the protective hedge of the Lord. But before we can get to the 3rd chapter, we learn that every facet of Job's life has completely turned around, indelibly marked by tragedy and devastation.

In one day he loses what represents his financial portfolio... his resources, business, career and work. He loses his inventory... the oxen, asses, sheep, and camels. His servants are killed except those who escaped each calamity and delivers the bad news. He loses what represents an enviously stable family. When Job's eldest son hosts a gathering with his brothers and sisters, they are all killed when a sudden wind, possibly a tornado, causes the house to cave in on them.

But that's just the beginning. Soon thereafter the scriptures say, "on another day," Job loses what represents health and well-being. He is stricken with boils from his head to the soles of his feet. Out of anguish, he exacerbates the affliction by scraping the boils then sits grieving in ashes. Finally, he loses what could represent an exemplary marital relationship through the consummate support and intimacy of his helpmeet. Most disconcerting is his wife's advice when she tells him to curse God and die.

While trying to deal with these blows to his emotional well-being, friends show up with the intention to mourn with and console Job. But they're no comfort at all. For a week they silently observe his overwhelming grief and hopelessness. Then their companionship turns into a judgmental bout of challenges to Job's integrity and relationship with God. Through it all, he does not slack in praising the Lord and is ultimately delivered. The Lord brings healing, restoration and blessing into Job's life that exceeded what he had before he was tried by these unfathomable series of events.

There are people, events, situations and circumstances that are bound to challenge your existence. Hopefully they will not mirror the Job experience. But they will affect you mentally, physically, emotionally and/or spiritually. When you grieve, mourn, or experience pain and despair there is a corresponding cry of the soul. Even if you try to hide it or pretend it doesn't exist, it is there. The good news is God hears every cry of the soul. He created us to communicate that cry to Him alone. That's why it seems as though no one can fully understand what you're going through. Or you may wonder why nothing or no one can effectively resolve your situation. Turning to God is the solution and remedy for every cry of the soul. He interprets, understands and He heals. Why shouldn't He? He is the Creator and He knows you very, very well... before you were born... every hair on your head. Some people are nay-sayers because they choose to doubt there is a God or they lack faith in Him. But Abba is the Father on every spiritual birth certificate. His signature is all over existence.

One of the keys to achieving healing, wholeness and well-being is to acknowledge that you don't like what you're experiencing. When you acknowledge your feelings it's easier to receive help. Then the next step is to yield to God's help. Through faith in God, prayer, praise and the scriptures, you will be able to make necessary transitions from the effects of any crisis, affliction, tragedy or trial. When you study the scriptures you will begin to understand who He can be in your life. You will discover who you are in Christ Jesus. Peace, restoration, healing, wholeness, and well-being becomes accessible to you.

This book does not attempt to ascribe particular causes or facts to your dilemma. According to Wikipedia, a fact is something that has really occurred or is actually the case. But facts are temporal, meaning: pertaining to or concerned with the present or relating to the worldly. They are also temporary as opposed to spiritual affairs or the eternal.

My goal is to simply point you to the truth, which is the eternal word of God, the scriptures. My late pastor, Dr. Robbie Horton told me one day that "some things are caught--beyond seeing, hearing or being in the midst of that something. When you recognize your need for what is presented, and you're determined to receive or embrace it, then you will allow it to process and change you."

Whatever state you're in for whatever reason(s), prayer and the scriptures are a source of comfort, healing, guidance and direction. Through a personal relationship with God and praying the scriptures, you have the keys and access to emotional, physical and spiritual-well being and wholeness.



## INTRODUCTION

Are you in so much anguish that you're near the breaking point? Is your predicament causing you to be angry, bitter, want to lose hope? Are you suffering emotionally and/or physically? Are you unable to overcome traumatic or life-changing events? As you endure hardship and suffering, God can renew your life as He reveals His glory. But you must make a decision to turn to Him because there is access to His deliverance. That deliverance comes by an investment of your time to study the scriptures, to prayer and praise. More importantly you must WANT to be delivered. When people don't want to be helped or healed, they tend to nurse, rehearse, think, say and do things that perpetuate the problem.

Some challenges are the result of sin because the scriptures say we shall reap whatsoever we sow. But if you have repented of sin and surrendered your heart to Jesus Christ, take comfort in knowing that you can start over. God loves you with an everlasting love. Is depression, sadness, anxiety, fear, discouragement getting the best of you? Don't deny your feelings because I can empathize with you on some levels.

At one time, I felt hopelessly depressed and I cried a lot. I'm still amazed how we're able to produce so many tears. But that's the beauty of how God created us. He gave us everything we need to facilitate whatever we have to do, even for shedding tears. The wonderful thing about weeping is our tears help purge the emotional baggage welled up inside of us. I think the real miserable people are those who go through devastating, traumatic or life-altering events and resist weeping. It's dangerous for the whole body. Stress is known to cause depression, diseases, cancer, strokes and heart attacks. So don't fear the tears. Regard their outpouring as a release valve and therapeutic for cleansing and healing the spirit, soul and body.

I know the anguish that comes with depression. But when I yielded to the power and might of a loving God, He broke the bondage and captivity of that experience off of my life. When I sincerely desired and accepted His hand, always extended to those who want Him, I was healed. Every thought or perception that fed depression was replaced with liberty and tears of joy. I was able to forgive and love myself. Then I was able to forgive and release those who hurt, rejected and abandoned me. As I obeyed God by embracing changes to different areas of my life, I had better experiences and met new people. Each time I reflect on how He changed my life, I praise Him even more. I clap my hands and I dance with joy to celebrate the liberty I have through Jesus Christ. My mouth is

no longer gagged spiritually, and my hands and feet are no longer bound. My mind is free to think of what is true, honest, just, pure, lovely, noteworthy and of a good report (Philippians 4:8).

The whole earth reels daily from the effects of prevalent evil. The adversary to our soul loves to fill our hearts and minds with doom and gloom. Sometimes it seems as though we're kept up-to-date on more of the bad news than the good. And it will be that way as long as stuff happens and we make ourselves accessible and accommodating to it. God performs miracles in the lives of people everyday, and we might hear about a few instances on occasion. But you must be proactive in your healing process. When you believe and fully embrace the love and word of God, your mind and heart can undergo the necessary changes to affect your life. You can get rid of thoughts, emotions, memories, or imaginations and behavior that are destructive to your overall health and well-being. The scriptures say, what a man thinks in his heart, so is he. When you embrace the Lord and the scriptures, you will have a confession of faith that is Yes and Amen.

The scriptures also declare that you will eat the fruit of your lips. So if you say or believe the challenges in your life are worsening, the universe will bring what you say or believe into existence. I'm not suggesting that you lie to yourself, but instead, say what God says about Himself and about you. He said you are healed body, soul and spirit. You are healed of all manner of sickness, diseases and infirmities. You are healed of depression, the seed and source of it, and you are not forsaken or alone.

I will decree in your behalf that you are delivered from the yoke of bondage, every fetter and stock of iron. Any blindfold, pit and trap, every obstacle, net and stumbling block, and work of evil is removed. Evil words spoken to you or about you are canceled out. Every evil thought from others, evil thoughts you think or believe about yourself are nullified and void. You will not lack financial help or necessary resources for your livelihood. You will not be defeated. You will not be destroyed. *You shall live and not die and declare the works of the Lord* (Psalm 118:17).

The victories you share with others can help souls get healed, set free and delivered. Your testimony will be like the blood of Jesus that was shed over 2,000 years ago. It destroyed the works of the devil and brought redemption, sanctification, justification, and consecration. God's promise to and for you is salvation, healing, deliverance and eternal life with Him. You should choose to declare what the word of God says about you. He wants you to know the plan, purpose and destiny that He has for your life. It is for good and not evil. It is for a future, hope and expected end (Jeremiah 29:11). He did not create you for yourself but for Himself. He

created you to worship Him in spirit and in truth. He also created you to be an answer to a question, a fulfillment for a necessity here on earth. The amazing thing is God enables you to worship Him no matter what kind of hell you find yourself in. Then He is glorified for what He has done and will do to get you out of it.

In the beginning, the Lord said everything He created was good. The book of Genesis is the foundation and first principle for all things. If you don't see what your life can be, is it because you're focusing or stuck on the negative circumstances of your past or present? Instead, you should be expecting a present day and future that is possible, good and perfected by God. Anything in your life that you see, hear, smell, touch or taste that does not reflect the fruit of the Spirit means you have an opportunity to turn to the gift God has provided for us.

When your heart cries out in desperation, you have the gift of the Holy Spirit to help and comfort you. The scriptures say that He, the gift, was sent as your comforter. He is your helper and teacher at all times. All you have to do is welcome Him to an abiding place in every facet of your being. His presence is guidance for your life and helps to keep you out of the hands of the adversary. Satan is the destroyer, a liar, thief and killer. He is the one who wants to take your life because he knows God has done, can do, and will do great things in and through you.

The sun shines everyday, but sometimes we don't see it because of clouds or fog, but it's there. Even when we're experiencing the night, the sun is shining but on the other side of the world. The sun has not left its fixed position. God is with us, and sometimes we fail to acknowledge it because of obstacles, clouds of doubt, fear, anxiety, or despair. Our thoughts and feelings make it seem as if His presence is absent. But He is always with us. He will never leave or forsake you (Hebrews 13:5). You just have to choose to believe it is so. When you're confident that the Holy Spirit is always with you, the scriptures say that the light dispels darkness. Even a lit match can be seen in complete darkness if you choose to open your eyes and regard it.

Keep your spiritual eyes open like Joshua and Caleb. They were unlike the other ten who spied out the promise land God ordained for the children of Israel. The spies came back fearful and didn't believe they could have what they saw. But Joshua and Caleb's perception of the land and its residents was based on the spiritual truth they embraced before they went out.

*Joshua the son of Nun, and Caleb the son of Jephunneh, which were of them that searched the land, rent their clothes: And they spake unto all the*

*company of the children of Israel, saying, The land, which we passed through to search it, is an exceeding good land. If the Lord delight in us, then he will bring us into this land, and give it us; a land which floweth with milk and honey. Only rebel not ye against the Lord, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the Lord is with us: fear them not (Numbers 14:6-9).*

The scriptures say you are healed by the stripes of Jesus. When you read or rehearse the scriptures it creates a visual image whether you realize it or not. So instead of looking at your present circumstances, see and embrace what God has purposed and can manifest in your life. Seeing is a progressive activity. When you see what you want, your heart will experience joy, hope, expectation and anticipation. When you see, you gain understanding. When you understand that what you see is good, you will grasp or take hold of it. Allow the imagination of your heart to see yourself healed and liberated no matter what it looks like now. I know what God can do and I hope you find out too.

While you're waiting for change, healing and deliverance, how do you deal with your mate, children, family and friends? Are they tipping around you or displaying strange behavior since you have been in distress? When your loved ones feel they've been neglected, by faith declare that better days are on the horizon. Also allow that declaration to be incentive to believe you will get well or your circumstances will change for the good.

If you happen to be bedridden, make an effort to have family events. Confinement to bed shouldn't interfere with time with your young children or grandchildren. Invite them to get as physically close to you as possible. Make a decision to enjoy listening to what they have to say and give them creative license. Allow them to entertain you with jokes, songs, reading to you or whatever THEY want to do. The scriptures say "*And a child shall lead them.*" (Isaiah 11:6). *A merry heart doeth good like a medicine: but a broken spirit drieth the bones* (Proverbs 17:22). The energy of youth is amazingly healing for you and them. So no matter what your senses want to dictate, yield your spirit to the Holy Spirit.

Yes, you are entitled to solitude, to gather strength, to think about the future, etc. But don't turn solitude into a means of hiding from the world. It can become agoraphobia. I know. I had that too. Praise the Lord, God delivered me from it. But that's a testimony for another book. Be still and know that God is the Lord. He is full of love, grace, mercy, faithfulness, compassion and long-suffering. His Spirit will overshadow, embrace, show you His love and hide you from the enemy of our souls.

Realize that your body, mind, emotions and spirit will go through

transitions. Feed and fuel your body with a healthy, balanced diet. Take multi-vitamins and mineral supplements. Get fresh air and sunlight as much as possible. The scriptures say God gives His beloved sweet sleep. Restful sleep is essential because your body restores and heals itself while you are asleep. Turn off the television. Instead play soft, melodic music that promotes relaxation. As often as possible, choose music that expresses how much you love God. Don't fret about the past or even the present. Instead imagine a desired future.

What do you desire or need to happen in your life? Your thoughts are creative and have attraction. You draw to yourself what you think, imagine, and create. So remember what the scriptures say... to think on the things that are good, just, pure, noteworthy, of a good report, etc. And that is what you can cause to flow into your life. Avoid anyone or anything that will cause you to focus on negative thoughts and scenarios. You have the power to control your thoughts and/or engagement with other people. As you rest in the Lord, help your mind, body and spirit heal itself. Allow God to fix what you can't and show Him you will be faithful to keep the healing you receive.

My ultimate prescription for your healing is to keep yourself in a mode of praise to God. When you praise Him, it welcomes a greater measure of His presence around you. Heartfelt praise brings peace that surpasses understanding and unspeakable joy. You will begin to think and feel what God thinks and feel about you. His presence attracts the right people and circumstances to benefit your environment and overall health.

The adversary of your soul is a robber, thief and destroyer and he acts like a kidnapper. The first thing a kidnapper does is keep you from getting the attention of others. That is why praise is a mighty weapon. It gets the attention of God and draws His presence. *Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God* (Psalm 50:23).

When you call on the Lord, you are focusing on the King of Glory. Remember, the Holy Spirit is your helper, comforter, and teacher. So when you cry out to Him in prayer, He comes to your defense. When you praise the names of God and declare who you are in Christ Jesus, you gain His peace, blessings and deliverance to your heart, soul and spirit.

God loves you. That's why I point you to Him instead of me, things and other people. I hope you will get to know and trust with confidence that He cares about you. He can fix any situation even if you can't see or feel it right now. It's sort of like going to a restaurant. You may not see your food while it's being prepared but you wait for it. Servants like me prepare you for what's to come. We encourage you to wait and anticipate

that it will be good. He is your necessary food. When you have tasted His goodness you will want more and will tell others about it. God is good, so give Him a chance to show you how much. My prayer is that you will abide in the grace, strength and peace of God. And His blessings, that are pressed down, shaken together, and running over, will manifest during difficult seasons in your life.

The prayers in this book are based on various emotions you might experience while transitioning from where you are now to healing and wholeness. “He That Healeth Thee” prayers are written as scriptural-based affirmations. It isn’t necessary to read them in a linear fashion. You can at first reading, but subsequently, you can choose the emotion(s) you are experiencing and read the relative prayers. There may be others who can and will pray for you, but it is important that you learn to open your mouth and pray for yourself. Read the prayers aloud, read them slowly, and meditate on those that significantly address what you’re feeling. Each sentence of each of the prayers is a prayer in itself. One sentence can be the potential launching pad for a unique conversation with God about what’s on your heart.

Remember, prayer should not be a rigid exercise. Instead it is an opportunity to talk to God, to develop or enhance your personal relationship with Him. The affirmations will remind you of who God is, what He does, who you are and what His promises are to you. Say what God says about Himself. Say what God says about you. Believe in your heart. Receive and embrace the truth. Then expect guidance, instructions, healing and wholeness from a God who loves you and wants to be involved in every facet of your being.

Don’t forget about the Lord when deliverance and healing is manifested in your life. Expressing gratitude is significant to deliverance. When Jesus ministered to the 10 lepers and they were healed, He told them to go and show themselves to the priest. But, there was one leper who came back to thank Him. And because he did so, the Lord declared that the man was more than healed but made whole (Luke 17:11-19). Wholeness meant that he didn’t have the scars or evidence of his infirmity any longer. It’s quite possible that missing fingers, toes or other parts of his body were restored like new.

When you praise the Lord and tell others about your deliverance or how He progressively moves in your life, you will experience wholeness. You will be healed and complete in Christ Jesus. The scriptures say that we overcome the enemy by the blood of the Lamb and the word of our testimony (Revelations 12:11). Your testimony will minister the Good News to others so they can be drawn into the Kingdom of our Lord and

Saviour Jesus Christ. And whom the Son sets free is free indeed. Praise the Lord Most High, for He is good and His mercy endures forever.

Jeremiah 17:14

*Heal me, O LORD, and I shall be healed; save me, and I shall be saved:  
for thou art my praise.*

**DAILY PRAYER**  
**of**  
**Thanksgiving, Praise & Worship**

I will praise the name of the Lord forever. Your name is excellent and your glory is above the heavens and earth. Your glory endures forever as you reveal the mighty works of your hand. Father you are mighty, glorious and majestic. I praise you at all times and magnify you as my Lord and Saviour. I enter into your gates with thanksgiving and enter into your courts with praise. I am thankful for your unspeakable gifts and I bless your holy name. I praise you in the pit and in the prison. I praise you in the wilderness and in the desert. I praise you in the midst of lack and want, in the bed of sickness and infirmity. My praise to you will not be hindered. In my high estate and in the low places, I exalt you as my Lord and King. Glory, honor, strength and gladness are found in your presence.

You are a shield for me. You are my glory and the lifter of my head. You are my Lord and King forever and my praise is for your hearing alone. You are holy and righteous, merciful and full of compassion. Each day that I live, I desire to behold your greatness manifested on earth and in my life. I wait on you during trying circumstances. I wait on you in moments of pain and suffering. I wait on you in moments of anguish and despair. I wait on you in the desolate and isolated places. I listen for your voice when there is no sound to be heard. I rest in your presence during peaceful moments. No matter where I am, I know that you speak to my heart in diverse ways. So my ears are inclined to hear your voice so I might live.

I lift up my head each day to acknowledge your presence in my life. My heart is opened wide to receive your eternal love. My heart is open wide to receive your grace and favor. My heart is open wide to receive your mercy that endures forever. My heart is open wide to receive your unfailing compassion. My heart is open wide to receive your rest and peace that is beyond understanding. You have called me to your kingdom to dwell in the richness of your love, grace and glory. I love you Lord. I believe in you and serve you gladly with unspeakable joy.

Lord God you are a spirit and I worship you in spirit and in truth. I worship you my Lord and King and you are the only God I serve. I trust you and I am not afraid because you are my strength. You are the song in my heart and my salvation. I reverence and glorify your name because you are holy. I worship before your presence. You anoint me each day with the fresh oil of gladness. Every burden is lifted from my soul. Every yoke is destroyed because of your anointing. Your power helps me bring your



gospel to the meek and solace to the brokenhearted. Your power liberates those who are in physical, emotional and spiritual captivity. You break the fetters of iron, the bars of brass, and destroy yokes of bondage.

Your Holy Spirit abides in me and teaches me your truth, as I abide in the calling as your servant. Each day I seek your kingdom and your righteousness Lord. Each day you add what is needful for my life. I am blessed and set high above all the nations of the earth. I hear your voice, I love your law, precepts and commandments. I hear and reverence your instructions. As I walk in wisdom, I am obedient to your truth. I am watchful and patient so I am blessed. I am a new creature in Christ Jesus. My life was purchased with the sacrificial blood of Jesus Christ so I walk in liberty from every captivity. You have set me free from sin, iniquities and transgressions. Old things and old mindsets are moved out of my life. Each day I walk in newness and beauty.

As my reasonable service, I present my body, my mind, will and emotions as a living sacrifice. This is holy and acceptable to you Lord. I am willing and obedient to cast down every imagination that defies the knowledge of God and the truth of your scriptures. The divine assistance of the Holy Spirit helps me walk in obedience and love others with a pure and fervent heart. I demonstrate my love for you by bringing every thought captive to your truth.

Your word abides in me richly. So I make my requests known according to your word and in the name of Jesus Christ. I receive what is needful according to your covenant promises. You even give over and above whatever I may ask or think. Your holy scriptures are hidden in my heart and they keep me from sinning against you. At one time when I was afflicted I strayed from your path but now I hold fast to your word and your ways. Thank you for your scriptures that are pleasant and sweeter than honey to my mouth. Your Holy Spirit is my Keeper who aligns me to your truth. I live and I am not ashamed of the hope within me and iniquity no longer has dominion over me.

I testify of your greatness and I flourish like the palm tree and grow like a cedar in Lebanon. I reverence your name and your righteousness is my healing. Day by day I grow in the grace and knowledge of my Lord and Saviour Jesus Christ. All the glory and honor now and forever belongs to you. I delight in the law of the Lord and meditate upon your word day and night. All of your pathways are mercy and truth. Your precious promises are my testimonies and wisdom is my sister because I reverence you Lord. I have good understanding and I am called your friend who observes your ways. I'm willing and obedient to do what is pleasing in your sight. So I am blessed abundantly and eat the good of the land.

Thank you Lord for the word of truth that is pure. Thank you for your truth that quickens my spirit. Thank you for your truth that delivers me from adversity. You are my shelter, you are my defense and I trust in you. I hold fast to faith and my love for you causes me to hear, say and do what aligns to your will. I speak to others about your scriptures with confidence and without fear. I worship and praise the name of Jesus Christ forever. Thank you for your loving kindness and thank you for your tender mercies.

This day I offer thanksgiving and call upon the name of the Lord God Almighty. I praise you with a song in my heart and I come before your presence with a joyful noise of singing. The fruit of my lips is continual prayers and supplications that are filled with praise to you Lord. I make a joyful noise to the rock of my salvation. My songs magnify and worship you and I bow down before your presence, for you are my Lord and Maker. You are great and greatly to be praised. Great and mighty are you God and King above all gods. You are my Shepherd and I am the sheep of your hand. You created all things for your own pleasure and You are worthy O Lord to receive glory. You are worthy to receive honor. You are worthy of praise because of your power. In the name of Jesus Christ of Nazareth, I declare blessing to my deliverer forever. All glory belongs to you forever. You are all wisdom and I thank you. I honor you and acknowledge your power. I declare your might, my Lord and God for ever and ever. Amen

# CHAPTER 1

## **IN DARKNESS**

Psalm 18:28

*For thou wilt light my candle: the LORD my God will enlighten my darkness.*

### When I am Mentally & Physically Afflicted

Heal me O Lord and I am healed. Save me and I am saved. I praise your name Jehovah Raphe, the Lord my healer. I am your servant and you have given your merciful kindness as my comfort. God of all grace, I abide in your eternal glory by Christ Jesus. Although the occasion to suffer lingers at the present moment, I place my trust and hope in you to perfect me mentally and physically. I am strengthened and established in your healing. Whenever I feel that I have been forsaken, you gather me to yourself by your great mercies. I am your son/daughter and a partaker of your holiness.

When I am afflicted you are faithful to cover me with your presence. If I cry out to you, I am heard. According to your precious promises, you answer me the way that I hear you. And all of my sorrow is turned into joy. I serve you day by day with joy and gladness. I lack nothing because you bless my bread and water. All sickness is removed far from me. You satisfy me with long life and show me your salvation. I do not forget your multitude of benefits. By them my iniquities are forgiven and you heal all of my afflictions. The power of your Holy Spirit heals and delivers me from destruction. Thank you Jesus for removing my grief and sorrows. I declare that I walk in perfected health and well-being because you were stricken, smitten and afflicted in my behalf. You were wounded for my transgressions and bruised for my iniquities. You took stripes upon your body and shed blood so I can declare I am healed.

Your eternal word never falls to the ground. It does not return void but prospers in the thing to which it was sent. You sent your healing and delivered me from sickness, disease, infirmity and afflictions. I walk in faith, without doubting in my heart. I believe the promises in your word come to pass in my life. The promise of deliverance comes to pass. I believe I have health and well-being and you have not given me the spirit of fear. Power and love from on high and a sound mind is mine. I pray in faith and with confidence that your Holy Spirit dwells in me, and is greater than anything that tries to come against me. Thank you for restoring my

soul so it prospers in all things. Thank you that my health springs forth speedily. I walk in your ways and follow your paths of righteousness. You have restored me and every wound in my mind is healed. Thank you that every wound in my soul is healed. Thank you that every wound in my body is healed. And every wound in my spirit is healed by your great love and grace.

### When I am Persecuted

My Lord and God, I come to you in this season of suffering in my body, mind, soul and spirit. Your word says nothing can separate me from your love. This trial, tribulation and distress was unexpected, but it does not separate me from your love. Persecution from others does not separate me from your love. Lack and deficiencies does not separate me from your love. The separation and loss of loved ones in my life does not separate me from your love. Failing health and well-being, physically, mentally or emotionally does not separate me from your love. Hazards and impending danger does not separate me from your love. The loss of tangible property does not separate me from your love. The fear of death does not separate me from your love Christ Jesus.

I declare you are my God who never forsakes me and your presence is always with me. Although I may be persecuted, I am not cast down or destroyed. Your strength and peace covers me as a blanket. You enable me to endure hardship by the power of your Holy Spirit. When I cry out to you in my troubles, you are faithful to deliver me out of my distresses. That which tries to hold me captive is not of your making nor your will. I prosper and I am in health even as my soul prospers. So I am obedient to do good and not evil. I seek peace and pursue it. Thank you for delivering my soul to rest in the sanctuary of your peace from the challenges that war against me.

I do not trust in the foolishness of my own heart. I am delivered into safe havens because I chose wisdom. I forsake my sin and I have acknowledged and accepted your grace and mercy. I confess all of my sin, iniquities and transgressions so I abide in your forgiveness, redemption and the prosperity of my soul. I seek your refuge continually and call upon your Holy name because you are always near me. I forsake every unrighteous thought and action, and hold fast to your word. I hold fast to your peace. I hold fast to your healing. I hold fast to your deliverance from destruction. No one and nothing can remove the covering of your banner of strength and peace. You are a mighty defense and my shield.

## When I am Intimidated

Lord I am your child and born of God by your great grace. Fill me, renew me and refresh me this day by your Holy Spirit. I yield to the indwelling presence of your Spirit. By the enabling power of your Holy Spirit, I overcome the challenges that confront me. Your Holy Spirit dwells in me and is greater than any trial, greater than any tribulation or circumstance. Your Spirit is greater than any challenge that presents itself in my life to intimidate me or try to destroy me. By your Spirit, I know the truth which is the word of God. I acknowledge and understand the truth of your word. And I hold fast to the confidence that your truth declares and makes me free.

I declare I am free physically, I am free emotionally, I am free mentally and I am free spiritually. You have given me strength to accomplish all things. I set my face as a flint and I am not afraid of the faces of others who seek after my destruction. As I continually meditate on your word, my mind is kept in your perfected peace. Resting in your peace enables me to trust in you. Holy Spirit, you are my comforter and my keeper. Lord my confidence and contentment is in all you have set before me. I acknowledge that in this world I will experience trials, tribulations, afflictions and distresses. Instead of being intimidated I rejoice in hope. I overcome the cares of this world as I trust in and abide in the eternal love, presence and peace of my Lord, God and Father.

## When I am Insecure

Although an army might come up against me, I do not have a fearful heart. Warfare might come to the threshold of my door but it does not overtake me. My trust and confidence is in you Lord. It is better to trust in your promises rather than putting my confidence in man. Father you are my confidence and you hold me up when I have been attacked, overtaken, overwhelmed by people, places, events or the inexplicable. You are the Holy Lord and God who reveals the truth. My eyes are open to see the truth revealed in your scriptures. My ears are open to hear the truth of the spoken word.

All of my confidence and strength comes from being quiet and still in my mind. My confidence and strength comes from being quiet and still in my heart. My confidence and strength comes from being quiet and still in

my soul. My confidence and strength comes from being quiet and still in my spirit. When I am quiet and still, I have your rest and peace. My rest and peace is in knowing what you can do. I take comfort in knowing that you have begun a good work in my life by showing me purpose and destiny. None of my labor as your servant is cut off or in vain. I see the reward and harvest of what you have planned for my good and my future. I see the reward and harvest of what I hope for and my expected end. Your presence causes me to abide in your unfailing love. Your presence helps me to abide in your grace and favor. Your word and your presence helps me to rest, be still and know your peace. You Lord God are my strength and resting place.

## CHAPTER 2

### **IN THE WIND**

Job 30:15

*Terrors are turned upon me: they pursue my soul as the wind: and my welfare passeth away as a cloud.*

Mark 4:39

*And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.*

### When I am Afraid

Lord you are my helper and I do not fear nor am I tormented by what comes into my life. My heart is diligent to abide in your love. Love is found in your Holy presence. Your love is perfect and perfect love dispels fear and terror. Your love guards me from oppression and the oppressor. You are my comforter, my protection and great strength. You are the God who does battle with everyone and everything that challenges my mind, body, soul and spirit. My heart does not faint. I do not tremble nor am I terrified. You go before me and you are with me in every circumstance.

You have not failed nor forsaken me so I am not dismayed. I reverence you only, the Lord my maker. I serve you in truth with all my heart as I consider the great things you have done for me. Although a mighty army surrounds me, my heart is not afraid. Even if I have been attacked, I hold on to the confidence that I can delight myself in your protective presence and meditate in your temple. You hide me in the pavilion of your glory to keep me out of reach of troubling situations. I do not faint even if the earth quakes and the mountains sink into the ocean. My heart is fixed and I am attentive to your voice and your holy word. I dwell securely in quietness and I have no fear of evil. Lord God, you have established me in your peace.

### When I am Wounded (Physically & Emotionally)

When I cry out in pain or distresses, you are the God who wipes every tear from my eyes. You bring consolation to my heart and soul. You cause my spirit to abide in your glorious presence instead of the fear of death, sorrow, pain and suffering. There is newness, strength, joy and gladness in

your presence. You are a hiding place when I have been wounded and a refuge in the times of trouble. Every thing that is covered in darkness will be revealed and everything hidden shall be known. Nothing is hidden from your sight. You dismantle every strategy of those who try to oppress me and you judge in righteousness their motive and intentions.

In the midst of grief I do not entertain scenarios of destruction. Thank you for rescuing me and leading me to safety. I do not cling to fear. I am not ashamed of my need for your comfort and strength when I am overwhelmed. Although I may suffer for doing what is right, I am not afraid. Nor am I troubled in my soul. You appoint beauty for ashes and the oil of joy for mourning. You give the garment of praise for the spirit of heaviness. You have planted me where you will and you are glorified because you call me a tree of righteousness. I sanctify and reverence you Lord God in my heart. My testimony of your greatness is to every man because you are the reason for the hope that is in me. Every sorrow is turned into joy and I praise you for deliverance. The blessing of the Lord makes me rich in health and well-being and adds no sorrow with it. I have been ransomed by your great mercy. In joy and gladness you cause me to rest and I have sweet sleep. I sanctify you in my heart Lord God. I worship you as Lord of my life and I belong to you.

### When I am Rejected

Father, thank you for bestowing your unfailing love upon me. I am your son/daughter and those who do not recognize your presence in my life have no knowledge of you. You chose me before the foundation of the worlds and declared me holy and blameless before you. When my faith is tried even by fire, I continue to praise, honor and glorify your mighty redeeming power. Your word is abundant and cherished in my heart and pours out freely from my lips. I know right from wrong and cherish your truth. I am not afraid of the rejection or scorn of man. Even insults have no effect on my mind, emotions, body, soul and spirit. Their judgment is in your hands because your righteousness is eternal. Your salvation continues from generation to generation.

I am fearfully and wonderfully made. You have put your words in my mouth and have hidden me safely in your hand. You have ransomed me by your great mercy. You cause me to sing with everlasting joy. When I mourn or grieve over loss in my life, you fill my emptiness with joy and gladness. You remove the dread of human oppression. You remove the fear caused by my enemies. Their neglect, abandonment, rejection, scorn, and



mocking can not be found in your pleasant places. I am released from their captivity. Mental and physical prison, famine and death instigated by people, circumstances or events are not my fate. I am found in the covert of your wings and in the shelter of your rock. You are the Lord of the armies of heaven that you send to my defense. A friend is always loyal, and a brother is born to help in time of need. As I continue to show myself friendly toward others, I make friends who align themselves to faithfulness and truth. According to the pleasure of your will and the glory of your grace I have been predestined and accepted in your great love.

### When I Have Made Mistakes

You are the Lord my God who is merciful and have not forsaken me. Teach me to acknowledge when I have strayed from your pathways. Teach me to acknowledge when I have done iniquity before you so I will do it no more. I do not forget your precious promises and I quickly repent when I have turned away from your truth. You are the Almighty God who restores my soul as I confess and repent of my sin, iniquity and transgressions. Daily I seek you with all my heart and soul. You make me glad because you can be found. Nothing separates me from the love of Christ. As I walk in your love, I am not the cause of tribulation to others. I am not the cause of distress to others. I am not the cause of persecution to others. I am not the cause of lack or barrenness to others. And I am not the cause of danger to others. I apologize quickly and ask for their forgiveness so my offerings to you will be acceptable and blessed.

You enable me to spread the knowledge of Jesus Christ like a sweet life-giving perfume everywhere. With you Lord, there is nothing too impossible for me to do for you. I am born of God and my faith is victorious over the challenges of the world. Thank you for physical, mental, emotional restoration. Thank you for victory through my Lord Jesus Christ. My life is a testimony to yielding to your Holy Spirit and obedience to your truth. I continually seek the knowledge of your truth. In all my getting I receive understanding and exercise wisdom. As I overcome the challenges of life and this world, I inherit all things that are needful for life, peace and godliness. You have made me glad and I rejoice because of all you have done and are doing for me. Lord you are exalted forever. You are my God and I am your son/daughter.

### When I am Guilty

Lord I come before you with a broken spirit and a contrite heart. Your word says that you will not despise. You are faithful to forgive me of my sin and cleanse me of unrighteousness as I confess before you. I repent and forsake my wicked ways and unrighteous thoughts. Everything I reverence instead of you does not help me when I cry out in distress. They are only idols that a breeze can destroy. Those who reject you are like the restless sea, which is never still but continually churns up mud and dirt. You punish the greedy and withdraw from those who have stubborn ways. And there is no peace for the wicked. But I humble myself and return to you Lord for your great mercy. Pardon my sins, blot out my iniquities and transgressions. I rest in your compassion and resist the temptations of my flesh. I walk after your spirit so I am not held bound to condemnation.

Thank you for removing my transgressions from me as far as the east is from the west. Your mercy and kindness endures forever. Thank you for your forgiveness because of the sacrificial blood of Jesus that cleansed all sin. I honor and reverence you Lord and I walk in the light of your glory. You are light and life. As I trust in you, I dwell in your presence and I am liberated from captivity. You are the Lord most high in the holy place with those whose hearts and spirit are contrite and humble. You are the restorer of the crushed spirit of the humble. You revive the courage of my repentant heart. Your anger and punishment is short and you comfort me when I praise you with my lips. Abundant peace and healing is near and in far away places because you are omnipresent. Thank you for renewing me by your Holy Spirit. Thank you for reviving me again by your glory.

### When I Need Peace

Lord you have made a promise of peace to your people. I am your son/daughter so I live in peace. My household is peaceful and I have quiet resting places. When I lie down, nothing makes me afraid because you give peace and safety in the land. You have removed the threat of evil and danger so my life can flourish. I have your abundant peace for as long as the moon exists in the heavens. I submit to your ways and your peace is like a river. You speak to my heart and say that I am your beloved. You tell me to fear not and I am not afraid. You tell me to be strong and I am strengthened. Great peace is for those who love your law, precepts and commandments and nothing shall offend me. In prosperity, peace is with me. Thank you for peace in the midst of uncertainty. Thank you for peace in the midst of adversity. Thank for peace in the midst of confusion. Thank

you for peace that gives me clarity and presence of mind. Thank you for peace that causes me to see and hear what may be hidden from me. Thank you for peace that gives me understanding. Thank you for peace that helps me to use wisdom and to make proper decisions.

Peace fills my home, every place I go and everything that pertains to me. Peace is within my walls and prosperity is within the borders of my territory and sphere of influence. Through the knowledge of your ways and of Jesus our Lord, your grace and peace is multiplied abundantly in my life. Your peace guards my heart and mind through Christ Jesus. Your presence and glory causes me to abide in your peace. My soul is delivered into a peaceable habitation from every battle and every obstacle that war against my soul. I abide in the grace, mercy and peace from God the Father, and from the Lord Jesus Christ, the Son of the Father in truth and love.

## CHAPTER 3

### **IN THE FIRE**

Isaiah 43:2

*When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.*

#### When I am Bitter

Lord when my soul is bitter I seek your deliverance and peace. As I cry out for your mercy, liberate me from the pit of corruption and cast all of my sins behind me. Create in me a clean heart and renew my spirit with your love and righteousness. Refresh me by your Holy Spirit. You have forgiven me by your great mercies and unfailing love. With the enabling power of the Holy Spirit, I am patient, kind and forgiving of others. You give peace to my soul as I choose the wisdom and knowledge of your truth.

I am not envious of others and do not harbor strife in my heart because it produces confusion and evil. Bragging or amplifying lies is deceitfully wicked. Carnal, sensual and evil conversation does not flow from my lips because it lacks wisdom. Hatred stirs up strife and contentions but love covers all sins. Dig up and empty out everything in me that is rooted in bitterness. Fill the empty places in my heart with your love. Abiding in your grace and favor destroys the root of bitterness and keeps it from springing up again. Abiding in your love delivers me from defilement.

Thank you for delivering me from bitterness. Thank you for delivering me from anger and wrath. My soul is released from the captivity of a brawling nature. My mouth no long speaks evil and I have put away malicious thoughts. My conversations are righteous and pure. Daily I show meekness and wisdom through obeying your word and walking in your ways. You have ordered my steps and with joy and gladness I follow your pathways with all diligence. Thank you for the abiding fruit of your spirit. It is your love, grace and peace that flows freely through me to others. I bless others as you have blessed me.

#### When I am Frustrated

Father God, when I am frustrated I remember that you hold my right

hand. I am not anxious because you are my helper. There is nothing greater than your rest to your people. So I abide in your rest when I cease from trying to accomplish the impossible without wisdom, counsel, and faith in you. You are the Lord God, the Holy One of Israel who says that in your rest I am saved. Through quietness and confidence in you, I find strength. I pursue your word that generates peace to my soul and spirit. Thank you for your peace that rules in my heart because I am your son/daughter. You are the the Lord of my salvation who establishes my thoughts and intentions. I commit every effort and attempt to the counsel of your will. When you move in my behalf it overshadows opposition.

Your Holy Spirit helps me in my weaknesses. Your Spirit enables me to pray as I should and intercedes in my behalf. Thank you for your goodness and I do not faint in the midst of frustration. I am patient and encouraged because you strengthen me to trust you in all things. I am still when necessary and I can do all things by your strength. I retain your scriptures in my heart that says who I am and what I can do through you. So with confidence I overcome confusion, challenges and obstacles that cause frustration.

A flood or avalanche of circumstances may confront me to try my faith. But through faith and confidence in you, I can ask anything according to your will and you hear me. You keep my feet from slipping and being overtaken. I trust in you forever and worship you in spirit and in truth. Guide me continually by your instructions, law, precepts and commandments. The counsel of the word teaches and directs me in making proper choices. You are my Lord God Jehovah, my provision for every necessity and you are my everlasting strength.

## CHAPTER 4

### **IN THE DESERT**

Isaiah 51:3

*For the LORD shall comfort Zion: he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the LORD; joy and gladness shall be found therein, thanksgiving, and the voice of melody.*

#### When I am Burdened & Weary

Lord God you are my refuge and strength, a very present help in times of trouble. You have given me your Comforter, the Holy Spirit who abides with me forever. I know you by your spirit that dwells with me, in me and comes to bring your true comfort. You hear my cry from your holy heaven and deliver me with the saving strength of your right hand. I am spared in my weariness and recovered from every burden so that I might live. You are the strength of my heart and my portion forever so that my sorrowful soul is replenished. Long life and peace is my reward for obedience to your will. And I am delivered from those who present obstacles and battles to war against my soul. Your peace flows steadily like a river and your righteousness as the waves of the sea to every facet of my being. I rest in your grace and abundant peace as I learn of you Lord God and my Saviour Jesus Christ.

Daily I am diligent to be found spotless and blameless before your presence. I dwell in quiet resting places and sure dwellings rather than fear and torment. I dwell in your love and your love is perfect and removes all fear. I submit my life to you Lord God and resist the devil. He has to flee from my life when I submit to your holy presence. My soul finds rest in your presence that never leaves nor forsakes me. I am delivered from sorrow and I have sweet sleep in your presence. I am no longer burdened. I am no longer weary in my soul and spirit. My heart is not troubled, neither am I afraid. I cast all of my burdens upon you Lord. You sustain me and I am not uprooted from the peace that only you can give.

#### When I am Discouraged

My trust is in you Lord and I delight and commit myself to your way. When I am discouraged you are my deliverer. The flood of circumstances

tries to overwhelm me but I know that you are with me. As rivers try to sway me from your plan and purpose, I am not plucked from your hands. The fiery trials might try to consume my life, but I am not destroyed. I walk in your strength and I am not afraid nor am I discouraged. You are the Lord my God who is with me wherever I go.

I trust in your goodness. I trust in your faithfulness. I trust in your provision for every need. I delight in you and commit all of my ways to you Lord. The desires of my heart and your deliverance are brought to pass in my life. I bless your holy name and my praises to you are heard in the streets. For you sustain my life and secure my steps. I am confident that you are completing what you have ordained for my days. Lord you comfort me in the wilderness and desolate places. You have turned desert places in my life into gardens. Thank you for helping me to increase in faith and helping me to be patient. Through faith and patience I inherit your promises. Your joy and gladness is found in the places where I praise you with songs and magnify your name with thanksgiving. I am not afraid to praise you openly. I am not afraid to praise you among strangers. I am not afraid to praise you in the hidden places. I am not afraid to praise you wherever I am.

My heart lives because I seek you daily. When I cry out to you, I know that you will answer. Teach me to hear and know your voice. Teach me to hear you through people. Teach me to hear you through circumstances. Teach me to know your voice accurately, precisely and distinctly. You have strengthened me with strength in my soul. Your comfort has erased the fear in my heart, mind, soul and spirit. Your mercy is from everlasting to everlasting. I reverence you and walk in your righteousness. Though I walk in the midst of trouble, you revive me. You have stretched out your hand against every obstacle that comes against me and saved me out of every trouble. You are with me continually and sustain me by your mighty hand. Thank you for perfecting everything that concerns my life. Thank you for your loving kindness that is eternal and your tender mercy.

### [When I am Sad or Lonely](#)

I remember that you are the Lord God who has given beauty for ashes. I receive and accept your anointing of joy to replace the sadness and loneliness in my life. I put on the garment of praise to replace the heaviness of my soul and spirit. You have called me a tree of righteousness that you have planted in this earth. You are glorified in and through my life. So as I remember these things, I pour out my soul to you. I come to

your altar and put aside the sadness in my heart, mind, soul and spirit. With great joy in heart, I praise you my Lord God and Father. With my songs of joy I praise you. The whole earth shall hear the sound of my praise. If I lack joy, your word says that you will anoint me with it when I ask.

Thank you for your exceeding joy and gladness. I go out in joy and eat my bread with a merry heart. You have bottled all my tears and delivered me out of misery. I go my way with peace in my heart. Meekness in my soul and my joy in the Lord is increased. In necessities and lack I rejoice in the Holy One of Israel. When I hear or see your written promises I consume them like my necessary food. Your promises cause my heart to rejoice in you and in life. You are the Lord of hosts and I am called by your name. I belong to you and your kingdom, so when I gather with others in your name, you are present with us in a greater measure. Nothing can stand against me to cause distress because you never fail nor leave me. I hear and know your voice and follow you only. I trust and hold on to the confidence that you are with me even until the end of the world.

### [When I am Mentally & Physically Tired](#)

Lord you give power to those who are mentally or physically tired. As I rest in your presence you renew my strength. I am able do what is necessary without weariness and fatigue. You cause me to be still and steadfast to get the rest I need. You give power to the faint and strength to those who lack it. I abide in your sanctuary and resting places where I can be refreshed and renewed. When I have to deal continually with troubling circumstances or people, I am not frustrated because you are my God. You are with me and you strengthen and help me with wisdom, knowledge and understanding.

When I lie down at night, you give me rest and sweet sleep. Each day it is my voice that you hear directing my prayers to you. You give me everything I need because your mercies are new each day. Every time my flesh is tired, Lord God you are my strength and peace. I am not troubled because you are my refuge during times of stress. Through prayers, supplication and thanksgiving, you give me your peace which guards my heart and mind through Christ Jesus and is beyond understanding.

### [When I am Mentally & Spiritually Weak](#)



Lord you are my strength and my song. You are my God and I keep myself as a vessel of your glorious presence. I reverence you because you are my strength and power. You have ordered and perfected the way that I should take for my life. As I abide in your word I am strong. Your instructions keep me from falling into temptation and sin. You direct my pathways and I am kept from making wrong decisions. I love the nearness of your presence. Your Holy Spirit is my comforter, strength and shield, and helps me right away. You deliver me from diverse nets, traps and snares designed to captivate my mind and spirit. And I rejoice because I can trust in you.

The salvation of the righteous is of the Lord and you are my strength in times of trouble. You give power and strength to your people and I am the sheep of your flock and fold. I am blessed because my strength is in you and my heart is dedicated to your holy covenant. Thank you for knowledge because it increases strength. I am saved in your rest. In quietness and confidence in your word I prevail over obstacles. I am not fearful and distressed because you are my God who is my helper and keeps me in the palm of your hand. Thank you for your banner of love and hiding me in your secret place.

Your grace is my sufficiency. Your strength is perfected when I acknowledge the weakness of my mind, soul and spirit. I have power and victory in my mind and spirit through my Lord Jesus Christ. My weakness during infirmities, reproach, lack, persecution or distress for Christ's sake is counted as strength in the Lord. Every victory over evil is in the power of His might. Jesus Christ is my strength and places a hedge around me in times of trouble. I am born of God so I overcome the cares of this world. I do not stagger at your covenant promises with unbelief or lack of confidence. I am strong in faith that you perform your promises in my life as I glorify you Lord God.

## CHAPTER 5

### **IN THE WILDERNESS**

Isaiah 43:19

*Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.*

#### When I am Proudful

Lord your scriptures declare that pride leads to disgrace but wisdom is the companion of humility. As your servant I have a heart that is continually repentant and humble. You are a holy, righteous and eternal God and you live with those whose spirits are contrite. Pride and evil actions are sin. Thinking that I am better than I really am is sin. You have given me faith to understand who I am in your sight. I repent for being prideful and I submit my body, soul and spirit to the cleansing power of your Holy Spirit. I am the temple of the Holy Spirit so thank you for purging me of everything that causes defilement. You restore the crushed spirit of the humble. You revive the courage of those with repentant hearts.

I do not resist authority and I serve others with humility because you give favor to the humble. As I abide in your presence, I am able to resist the temptation to be arrogant and prideful. You are faithful to exalt me at the proper time and season. You strengthen me to retain humility and to reverence you in all things. Faithfulness to you and humility leads to riches, honor and long life.

#### When I am Negative

Lord God, I repent for thinking or saying things that oppose what your scriptures say is the truth. Your word has declared who you are and who I am when I abide in you. I belong to you and I am your son/daughter. I am filled with your Holy Spirit. You have not given me a spirit to be afraid or timid. By your spirit I am strong, loving and self-disciplined. I understand that there are natural and spiritual challenges in the world but I take heart that I have your peace. In the midst of trials, tribulation or sorrow, I have the assurance that you have already overcome what confronts me. I already have victory over any circumstance because the Holy Spirit lives in me. Your spirit is greater than any spirit that is in the world.

You lift burdens from my thoughts, motives and intentions. You break

every yoke of bondage from my shoulders. No weapon turned against me will succeed. Every voice raised in accusation against me is silenced. I enjoy the benefits you have extended to me as a servant of the Lord. I am vindicated from unrighteous judgment. I am justified, found not guilty, because of the redemptive work of Jesus Christ. Negative words do not proceed out of my mouth because my thoughts are renewed by your truth. I know in whom I live, move and have my very being.

I have the enabling ability to exercise authority over every challenge and challenger. My life is protected by your power. The word of God is my weapon to remove any stronghold of human reasoning that opposes God. I rest in the knowledge that you can end every mental, physical, emotional, and spiritual captivity. Your word destroys false and unrighteous arguments. Rebellious thoughts are captured and realigned to the obedience of the truth and Jesus Christ. Evil and negative thoughts are replaced by faith in you. My victory is through faith in the promises of your word and causes me to inherit your blessings. Thank you for being my God and I am your son/daughter.

### When I am Offended

When I call on you Lord, you are faithful to answer. You are faithful to rescue me when I have been offended by what someone has said or done against me. Holding onto offense has the potential to trouble my mind, soul and spirit. Thank you for your Holy Spirit that gives me the unction to seek you in all things. You never forsake your people and you never abandon those you call your special possession. I am thankful that you are my Lord and God and I am your son/daughter. As your servant, I do not quarrel. I am rescued from adverse situations. I am honored with grace and patience so I can listen and speak kindly to difficult people. If they wrong me seven times a day but ask for forgiveness, I forgive them. Out of a pure heart, I do not hold intentions to get even or retaliate against repeat offenders. It is sin to pay back evil for more evil, so I wait on you to handle the matter. I handle offense in a way that others can see that I am honorable.

I do not yield to anger, rage, malice, slander and obscenities. I do not seek revenge or bear grudges against others because it causes bitterness. Your Holy Spirit enables me to love others as I love myself. As I forgive those who sin against me, you forgive me because you are my Heavenly Father. You stand with me Lord and I have your strength. I abide in your strength and peace, and I am a signet of your grace, mercy and loving

kindness. So I can effectively preach the Good News to others. Thank you for your love that is patient and kind. Your love is not jealous, boastful or proud. But your love delivers me from every evil attack. Whenever I am offended, my life exhibits the fruit of the Spirit which is love, joy, peace, long suffering, gentleness, goodness, faith, meekness, and temperance. I rest in the sanctuary of your kingdom. All glory belongs to you Lord God forever and ever.

### When I Can't Forgive

I confess my sin of unforgiveness to you Lord. I do not hide my guilt. I repent of resisting forgiveness to those who sinned against me or challenged my well-being. When I yielded to the temptation of unforgiveness, my soul and spirit was wounded and turned bitter. But I thank you for the Holy Spirit that has kept me so I could repent now. Thank you for being the Lord who has forgiven me and erased all my sin and guilt. Every time I confess my sins, you are faithful and just to forgive and cleanse me from all unrighteousness and wickedness. You purchased my liberty and forgave the sin of mankind by the sacrificial blood of Jesus.

I forgive all who caused me to hold a grudge against them. Now I abide in your redemptive work. My disobedience is forgiven and my sins are out of sight. I bless those who persecuted me. Curses no longer proceed out of my mouth, and I ask you to bless them. I pray they will experience and embrace the richness of your kindness and grace. Your Holy Spirit helps me to be kind, tenderhearted and forgiving just as you through Jesus Christ forgave all of my sins. My offering of prayer in faith heals any sickness in my mind, body, soul and spirit and makes me well. Now I have your joy and I am made alive through Christ Jesus, my Lord and Saviour.

### When I Can't Give or Receive Love

Thank you Father for your Holy Spirit. You ask us to love others as we love ourselves. But for me to love others, I must know your perfect love. Refresh me by your Holy Spirit so I can experience and truly know your love. I commit my heart to obeying your commandments so I can abide and remain in your love. You demonstrated your great love for us by sending your Son, Jesus Christ as a sacrifice to take away my sins. I realize how much you love me and now I submit myself to your love. You

are love and all who live in your love will live in you and you in them. I need your love so I can love others with a pure and sincere heart.

I abide in you Lord so my love grows more and more into perfection each day. I am not afraid of the day of judgment when I have to face you. I will have confidence that I loved myself and others just as Jesus did here in the earth. If I have the fear of punishment it reveals that I have not fully experienced your perfect love. Perfect love has no fear attached to it. So I declare now that nothing separates me from the love of Christ. There is no trouble, danger, persecution, loss or threat of death that can separate me from your love.

As I abide in your love, I love others. This will prove to the world that I am your disciple. I yield to the full expression of your love that lives and remains in me. Your love is genuine, sincere and good. It enables me to show affection and delight in honoring others. Through your love I do no wrong to others and this fulfills the mandate of your law. I have love that is patient and kind. I have love that is not jealous, boastful or full of pride and arrogance. Your Holy Spirit enables me to walk in faith, hope and love. And love is the greatest of these three virtues.

I declare that your love exudes from my life as a sweet and pleasing fragrance before you Lord. I am clothed with humility and love that binds me to you and others in perfect harmony. Your scriptures say that anyone who does not love does not know God. You are love and your love for me cleansed me from sin. Since I obey the truth, I know how to demonstrate your love to others as my brothers and sisters. Every believer should be filled with love that comes from a pure heart, a clear conscience and genuine faith. Thank you for helping me to motivate others, and to express love and good works by example. I love others, not with words only but through my intentions and actions. True love comes from you Lord and as I hold fast to your love for myself and spread to others, people will know that I am your son/daughter. I know your love. I receive your love. And I express your love to others deeply with all my heart.

### [When I Have Low Self-Esteem](#)

Lord, create in me a clean heart and renew my spirit in righteousness. You formed and fashioned me according to your will and council. I am fearfully and wonderfully made and have been forgiven, made clean and reconciled to you by your grace. I am the temple of your Holy Spirit and you abide in me forever. You have chosen me to be one of your own because I was delivered from darkness into your marvelous light. Your

scriptures declare that those who reverence you Lord are secure. You are a refuge for your sons and daughters and you surround me with your hedge of protection. Thank you for enabling me to walk in boldness. Your righteousness covers and keeps me from stumbling. The wicked run away when no one is chasing them but I am not afraid because you are my helper. You declare that I am above and not beneath. I am the head and not the tail and your loving kindness is my shield.

You hold me by your right hand my Lord and my God, and tell me not to fear because you are with me. I have your new mercies each day and you supply me with everything I need for life, peace and godliness. I am a branch connected to the vine. You are the vine and I am the branch connected to your life that flows through me. I am part of a chosen generation. I am a special person called a citizen of your holy nation. I am your ambassador. I am a representative in this world. I have faith, gentleness, self-control, and the fruit of the Holy Spirit dwells in me. I yield each day to my inheritance of your peace, liberty and glory. In quietness and confidence is my strength. You are for me and more than anything that can come against me.

Thank you for the indwelling presence of your Holy Spirit that helps me in any weakness. When I pray, He makes intercession to you in my behalf. I do not place my abilities above your strength because I rely on you. My confidence rests in the knowledge that you are my helper. So I have no need to live in fear of any challenge to my mind, body, soul and spirit. My self-esteem is not diminished. I have overwhelming victory in my life. That victory is through faith as I love and worship Jesus Christ. Each day I approach you with thanksgiving, praise, worship, prayers and supplications. I can ask for anything that pleases you and I know that you hear my voice. Thank you for your love, strength, peace and confidence. You show me everyday that I am your son/daughter and you are my God.

## CHAPTER 6

### **IN THE LIGHT**

Proverbs 16:15

*In the light of the king's countenance is life; and his favour is as a cloud of the latter rain.*

#### When I Need Faith

Father, it was through faith that I became a son/daughter in your kingdom. When I heard about the redemptive work of my Lord and Saviour, I gladly received Jesus Christ into my life. At times, my faith wanes when I am challenged by the cares of this world. But your word declares that trials will reveal if my faith is genuine. My faith is tested as fire tests and purifies gold. I am not alone because my brothers and sisters in the Lord, all over the world are tried and suffer persecution. This day I stand firm against challenges and challengers and rely on your strength so that my faith will increase.

My faith is counted more precious than gold. My faith does not waver because I trust in and affirm your promises. Although my faith may be as small as a mustard seed, I tell mountains that represent trials and tribulations to move to another place and they are moved from my life. Nothing is impossible for me through faith in the keys you have given me to your kingdom. The keys are obedience to your scriptures and having a consistent prayerlife. I live by faith in your eternal word and not in confidence to what I see or experience. My righteousness is of you and it is through faith that I have life. You spoke into existence everything that is seen. By faith, the entire universe was formed at your command. You have given me power to exercise spiritual authority over every test from the adversary. So I stand firm against him and I am strong in my faith. I overcome the evil in the world and I achieve this victory through faith. I defend the faith that you have entrusted to me for all eternity because I am a member of your holy nation.

#### When I Need to Trust

Lord I pour out my heart to you because you are my refuge. You have not forsaken or abandoned me. You are my strength and shield so I trust you with all my heart. When you help me my heart is filled with joy. I am

able to sing songs of thanksgiving and praise. Each time I search for you, I find you and increase in the knowledge of who you are. You have kept my enemies from rejoicing when I have been overwhelmed. I am rescued from disgrace. My hope is in you when I pour out my complaints in your presence. As I place my trust in you Lord and do what is good, I live in safety and prosperity. At all times, I place my trust in you to combat fear. You protect and save me from destruction. Like an eagle you cover me with your feathers and shelter me under your wings. You are my God and I am devoted to you. I live to serve you only. Your faithful promises are my armor and protection. My confidence resides in knowing that you care for me.

I learn of your unfailing love each day as I am comforted by your Holy Spirit. Order my footsteps because I trust in the pathways you have designed for my life. I trust in you at all times and I do not depend on my own understanding. Those who listen to instruction will prosper. I follow your instructions and I prosper in every endeavor. I receive guidance and direction through your scriptures. I learn of your ways as I meditate upon you day and night. I listen for your council when I wait upon you in prayer. Those who trust the Lord will be joyful but the foolish chose their own way. So I chose the safety of wisdom and fearlessly trust you. You save me when I am weak. You are my strength and song, and you cause me to live victoriously.

### When I Need Confidence

Lord God I anxiously seek your comfort each day. My eyes behold the manifestation of your promises in my life. I am your son/daughter and know that you hear my prayer. I wait for your rescue that is never far away. Each day I renew my hope in your word. In the midst of sorrowful and tearful circumstances my lips praise and worship you. Your love is unfailing and it comforts me. You have sent the Holy Spirit to abide with me and He is my helper and source of comfort. Your presence assures me of your love and peace, and restores my soul. I am encouraged by your word and consume it as my necessary food. My mind, body, soul and spirit is filled and nourished by your truth. Your promises revive me and they comfort me in all my troubles.

I live to praise your name and declare your promises over my life with confidence. Discipline to your truth helps me follow your word closely. I seek for and gain your comfort when I grieve or mourn. You always restore me in your comfort as a mother comforts her child. I know you are



my Lord and God who heals. You lead me in righteous pathways and you pull me back to safety if my feet stray from your path. I am redeemed by your grace and confident that prosperity comes from you. My strength comes from you. I am confident that you have chosen me as your own and you never abandon me. If I were an orphan, you would come to save me.

Lord you know every burden, trouble and weight that I must endure and you fill me with patience. Confidence in your deliverance helps me mature naturally and spiritually. In turn, I know how to minister and encourage others to live in harmony and peace. Through confidence in you I have liberty, a tender heart and a humble attitude. With one mind I sympathize with others. And I love others as my brothers and sisters. You are the God of love and peace who is always with me. You are the source of all mercy, comfort and strength. Thank you for helping me to be more confident. I praise you, the Father of our Lord and Saviour Jesus Christ.

## CHAPTER 7

### **IN THE SECRET PLACE**

Psalm 91:1

*He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.*

#### I am Changing

Lord I have maintained my trust in you and found new strength. It is your strength that causes me to run and not be weary. I walk in your righteousness and do not give up. You have poured out your rain of favor in every season of my life. Just as the land yields its crops and the trees of the field produce fruit, I am blessed likewise. There are changes to my circumstances because adversity has changed to blessing and fruitfulness. My feet are on the path of your righteousness. I am like a tree planted along the river whose leaves never wither. I prosper in all that I do because my heart is not weary.

You orchestrate the course of life, removing kings and setting up other kings. You give abundant wisdom and knowledge to your servants. I do not get tired of doing what is good because my due harvest of blessing is according to my diligence. I confess my faults and sins readily because you are faithful and just to forgive and cleanse me from all wickedness. For everything there is a season, a time for every activity under heaven. Thank you for manifesting the necessary changes in my life that brings your bountiful harvest to my soul and spirit.

#### I Have Mental & Physical Liberty

Lord God your way is perfect and all of your promises are true. When I came to you weary and heavily burdened you gave me your rest and peace. You are always a shield for me whenever I look for your protection. I call upon your name and you save me and I escape from any captivity. I seek your knowledge, wisdom and understanding in all things. You are my God who watches over me continually. Your light shines brightly, showing me your will and which way to take. Guide me along the best pathways for my life. My ears are inclined to hear your voice for direction in the way I should go. Your word is my light and instruction. The Holy Spirit is my helper and teacher, and I am joyful when I find wisdom. I trust you with all my heart and do not depend on my own understanding. It is your law that gives me discernment and understanding in all things.

You have heard my cry and answered. As I keep my trust in you I am never disgraced. Everything that was impossible for me, I now know is not impossible for you. You are for me and more than those against me. I thank you for victory over sin and death through the redemptive work of Jesus Christ. The good news of your gospel transitioned me from poor to rich in spirit. My eyes once blinded now see truth. Oppression has been lifted from my life and daily I walk in obedience to your laws, precepts and commandments. You have declared that no weapon formed against me will succeed. You have silenced every tongue that raised an accusation against me. And I enjoy the benefits of your vindication. You continue to fight those who fight me and I am saved. You conquer my enemies when they attack me. Even if they attack in one direction, they scatter from me in seven, because the godly are rescued from trouble and it falls on the wicked instead.

Thank you for blessing everything I do. Thank you meeting all my provisional needs and blessing me where I live. You have delivered me from the agony of trouble and pain. And I trust in you always because you are my hiding place. You protect me from trouble and surround me with songs of deliverance. You are my loving ally and strong tower and I take refuge in your hedge of safety. As I continue to obey you and walk in your ways, establish me as holy before you. Send the rain of your blessings at the proper times and seasons. Bless the work of my hand so I am a lender to others and never need to borrow from anyone. My obedience to you makes me the head and not the tail. I am on top and never at the bottom. You are the only God I serve and I do not follow, idolize or worship other gods, people or things. You are my rock, fortress and savior. You are with me in all that I do. Your presence is my shield, the peace that surpasses understanding, and my joy unspeakable and full of glory.

### [I Have Inner Rest & I am Restored](#)

Lord you have restored to me the joy of your salvation and I am willing to obey you in all things. You renewed my strength as you led and guided me along your righteous pathways. I honor and glorify your name. Thank you for helping me so I might be a helper to others who suffer. You restored my health and healed the wounded places of my heart, mind, body, soul and spirit. I am able to lie down in peace and have sound and restful sleep because your presence keeps me safe. I walk in wisdom and shun association with the foolish and those who stir up strife. You give peace that surpasses all understanding to me because I am faithful to your

ways. Out of the abundance of your love in my heart I forgive and love others just as you forgive and love me. Kindness and grace pours out of my mouth freely to exhort and build up my brothers and sisters. I present my body as a living sacrifice, holy and acceptable to you. As a servant of the Lord it is my reasonable service and my way to worship you.

You transformed my life and I am a new person. My thoughts are changed by learning your holy scriptures. I know your will for my life, which is good, pleasing and perfect. The ways and customs of the world can not attract or sway me because I am strong and immovable. You endued me with patience and encouraged my heart to live harmoniously with others. This is my charge as a disciple of Jesus Christ. I commit everything I do to you because I am faithful and work enthusiastically for you. I share the burden of others for this is the law of Christ.

When I was weary and carried heavy burdens, you delivered me and gave me rest. Thank you for the comfort and help of your Holy Spirit. I do not worry or fret about the wicked schemes and actions of those who do evil. I keep still in your presence and wait patiently for your instructions and for you to act in my behalf. You keep my soul at rest and your goodness pours freely into my life. I have your quiet, rest and peace and no one intimidates or causes me to be fearful. Your banner of love is my covering and defense. I bear only your yoke Lord because it is easy and light. I always find rest for my soul as I learn and obey your truth. Your word illuminates my steps as I follow after you. I praise and glorify you my God and Father of my Lord and Saviour Jesus Christ.

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## **I Have Inner Rest & I am Restored**

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Christine Brooks Martin is the bestselling author of prayerbooks, devotionals and inspirational books. Her titles focus on the power of prayer, to evangelize the message of Jesus Christ and help others develop and deepen their relationship with God. Her motto is, “Lord may I share the knowledge of your grace with people I will never see, in places where my feet will never tread.” Martin serves in her church administratively as a media assistant. Through her publishing company, Areli MediaWorks, she assists independent authors with publishing Christian literature.

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please write to me via my website contact page at:*

*<http://praywhatgodsays.weebly.com/contact-us.html>*

*I would love to hear from you!!!*

*Also, connect with me through  
the Social Network at the links below.*

*In His Love and Service,*

*~Christine ~*

Website: <http://www.praywhatgodsays.weebly.com/>

Facebook: <http://www.facebook.com/praywhatgodsays>

Twitter: <http://twitter.com/chrisbmar10>

Blog: <http://christinebrooksmartin.wordpress.com>