

Healing Scripture Reading Plan

A 7-Day Journey of Restoring Your Heart, Mind, and Spirit

Healing is a gentle rhythm of unlearning fear and learning to rest in the hands of the ultimate Gardener. Use these seven days to quiet the noise, encounter God's promises, and journal what He is teaching you in this season.

Day 1: The One Who Restores

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

JEREMIAH 17:14 (ESV)

DAILY REFLECTION QUESTION

What does true restoration look like for your soul today? What are you ready to hand over to the One who heals completely?

PRAYER PROMPT

"Lord, I stop trying to fix myself. I rest in Your capacity to heal my deep fractures..."

JOURNAL WHAT GOD IS TEACHING YOU

Day 2: Attentive to His Presence

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

PSALM 34:18 (NIV)

DAILY REFLECTION QUESTION

In moments of deep distress, it can feel like God is distant. How does this verse remind you that your pain actually draws His immediate presence closer?

PRAYER PROMPT

"Father, thank You for holding me close when my spirit feels heavy and crushed..."

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Day 3: Tending to the Hidden Wounds

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

PSALM 147:3 (ESV)

DAILY REFLECTION QUESTION

Think of a tender area in your history that still aches. What does it look like to allow the Holy Spirit to carefully wrap and bind that place today?

PRAYER PROMPT

"Jesus, I bring my hidden scars to You. I give You full permission to bind them in Your grace..."

JOURNAL WHAT GOD IS TEACHING YOU

Day 4: Sweetness and Structural Strength

"Gracious words are like a honeycomb, sweetness to the soul and health to the body."

PROVERBS 16:24 (ESV)

DAILY REFLECTION QUESTION

What internal vocabulary or self-criticism have you been speaking over your body and mind lately? How can you speak gracious words of truth instead?

PRAYER PROMPT

"Lord, sweeten my internal thoughts. Let Your life-giving words bring literal medicine to my physical frame..."

JOURNAL WHAT GOD IS TEACHING YOU

Day 5: Peace Beyond Comprehension

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

JOHN 14:27 (ESV)

DAILY REFLECTION QUESTION

The world gives superficial comfort that fades quickly. What is the difference between worldly distraction and the foundational, deep-rooted peace of Christ?

PRAYER PROMPT

"Prince of Peace, calm the stormy currents in my mind. I receive the inheritance of rest You left behind..."

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Day 6: Carrying Your Burdens

"Praise be to the Lord, to God our Savior, who daily bears our burdens."

PSALM 68:19 (NIV)

DAILY REFLECTION QUESTION

You weren't designed to carry the heavy weight of tomorrow, today. What specific bundle can you set down right now, knowing God is actively lifting it for you?

PRAYER PROMPT

"God my Savior, thank You for bearing my weights. I unclamp my hands and drop this heavy load at Your feet..."

JOURNAL WHAT GOD IS TEACHING YOU

Day 7: The Work Carried to Completion

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

PHILIPPIANS 1:6 (ESV)

DAILY REFLECTION QUESTION

Looking back over this plan, how does it comfort you to know that your healing isn't dynamic on your perfection, but completely safe in God's faithfulness?

PRAYER PROMPT

"Gardener of my soul, thank You that I am still becoming. I trust that You will confidently finish what You started..."

JOURNAL WHAT GOD IS TEACHING YOU

"May Your roots expand deep into His unshakeable love, keeping you robust, protected, and radiant as you blossom in your designated season."