

A One-Page Prayer for Healing

A Quiet Space to Surrender, Restore, and Breathe

"Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise."

— *Jeremiah 17:14*

Heavenly Father, Speaker of Peace and Restorer of My Soul, I come before You just as I am today—worn, vulnerable, and trusting in Your quiet strength. You know the exact terrain of my pain; You see the places where my body is weary, where my heart feels fragmented, and where my mind struggles to find stillness. I ask that You would pour Your living water over the dry and bruised spaces within me right now.

Lord, I surrender my timeline and my desperate need to control the outcome. Forgive me for trying to carry the weight of my own restoration. I lift up my shields and boundaries to protect this sacred moment, choosing to sit quietly beneath the shadow of Your wings. Breathe Your life-giving breath into my physical body, knitting together what has been broken, and calming the anxious currents that disrupt my peace.

Where there is grief, carry me. Where there is physical infirmity, let Your healing hand bring wholeness and structural strength. Strengthen the roots of my faith so that even in this difficult winter, I can trust that You are quietly preparing the soil of my heart to flourish once again. I choose to believe that I am not buried under this weight; I am simply planted, and You are still carrying me through to completion.

Thank You for being intimately close to me in this very room, counting every single tear, and holding me steady when I stumble. Let Your perfect love silence every lie of fear, sickness, or abandonment. I rest completely in the absolute assurance that You are working all things together for good, making me stronger, softer, and more beautifully restored with each passing day.

AMEN.

A SOFT REMINDER FOR YOUR JOURNEY

Healing is not a destination of perfection; it is a slow, rhythmic season of becoming. Give yourself deep permission to pause, rest your spirit, and trust the Gardener's hands today. You are safe. You are held.