

A PERSONAL LITANY FOR HEALING AND GRACE

Offer any or all of these petitions in your heart. Use them as a guide in your daily prayer. You may wish to memorize them.



Lord, have mercy;
Christ have mercy.
Lord have mercy.

I believe it is God's will for me to
have life and have it abundantly.
For this I believe God sent his Son
into the world not to condemn,
but to grant eternal life.

Mighty and Loving God,
you know my needs better than I do.
I trust in your promises of life and
salvation.

Let your Holy Spirit be at work in me,
and your healing power overshadow
all weakness, disease, worry and
despair. Amen.

I thank you, God, for the healing
power of your promises.
Grant me greater faith to see your
goodness at work
— now and each day to come —

in my body, my mind and my spirit.
Amen.

May Christ be exalted now as always,
in my body and my soul,
whether in life or in death.
May I rejoice, and have joy in faith,
that I share abundantly in Christ
Jesus. — *from Philipians 1:18–26*

My life, O God is your gift,
and my length of days a sign of your
grace.
In faith and trust I praise you for your
mercy. Amen.

The Lord's Prayer

Our Father in heaven,
holy be your name.
Your kingdom come, your will be
done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours, now and
forever. Amen.

Doxology

Praise God from whom all blessings
flow;
Praise God, all creatures here below;
Praise God for all that love has done;
Creator, Christ, and Spirit, One.
Amen.

O Christ the Healer, visit me,
and let your grace infuse your healing
in my life.
O Christ my Lord, grant me faith,
and by your cross grant me eternal
life. Amen.



Scripture Passages about Healing and Strength

Joshua 1:9b

Be strong and courageous; do not be
frightened or dismayed, for the LORD
your God is with you wherever you go.

Psalms 27:1

The LORD is my light and my
salvation;
whom shall I fear?
The LORD is the stronghold of my
life;
of whom shall I be afraid?

Psalm 46:1

God is our refuge and strength,
a very present help in trouble.

Psalm 102:1–2

Hear my prayer, O LORD;
let my cry come to you.
Do not hide your face from me
in the day of my distress.
Incline your ear to me;
answer me speedily in the day
when I call.

Psalm 124:8

Our help is in the name of the LORD,
who made heaven and earth.

Isaiah 40:28–31

The LORD is the everlasting God,
the Creator of the ends of the earth.
who does not faint or grow weary;
whose understanding is unsearchable.
who gives power to the faint,
and strengthens the powerless.
Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the LORD shall
renew their strength,
they shall mount up with wings like
eagles,
they shall run and not be weary,
they shall walk and not faint.

Matthew 11:28

“Come to me, all you that are weary

and are carrying heavy burdens, and I
will give you rest. Take my yoke upon
you, and learn from me; for I am gentle
and humble in heart, and you will find
rest for your souls. For my yoke is
easy, and my burden is light.”

John 6:35

Jesus said to them, “I am the bread of
life. Whoever comes to me will never
be hungry, and whoever believes in me
will not thirst.”

John 11:25–26

“I am the resurrection and the life.
Those who believe in me, even though
they die, will live, and everyone who
lives and believes in me will never
die.”

John 14:1

“Do not let your hearts be troubled.
Believe in God, believe also in me.”

John 14:27

“Peace I leave with you; my peace I
give to you. I do not give to you as the
world gives. Do not let your hearts be
troubled, and do not let them be
afraid.”

Romans 8:18

I consider that the sufferings of this
present time are not worth comparing
with the glory to be revealed to us.

2 Corinthians 1:3–4

Blessed be the God and Father of our
Lord Jesus Christ, the Father of
mercies and the God of all consolation,
who consoles us in all our affliction, so
that we may be able to console those
who are in any affliction with the
consolation we ourselves have received
from God.

2 Corinthians 12:9a

“My grace is sufficient for you, for my
power is made perfect in weakness.”

1 Peter 1:3

Blessed be the God and Father of our
Lord Jesus Christ! By his great mercy
he has given us a new birth into a
living hope through the resurrection of
Jesus Christ from the dead.



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SUNDAY WORSHIP: 10:00 a.m.
THURSDAY Contemplative Prayer
(Taizé) 7:00 p.m.