

40 DAYS OF *prayer*

WEEK 3 CHRIST OUR HEALER

Isaiah 53:4-5

As we focus on the life of Christ, this week's theme is *Christ Our Healer*. God promises healing in both aspects—physical and spiritual. At times, He provides immediate physical healing to encourage gratitude towards God, which can lead to a deeper spiritual relationship, resulting in spiritual healing. Conversely, there are instances where spiritual healing is prioritized, altering the individual's perspective on pain, and enabling them to endure while awaiting God's physical intervention. During His time on Earth, Jesus healed many individuals and often remarked that their faith had healed them. Therefore, it is essential to pray with expectant faith. Ultimately, it is at God's discretion whether He grants miraculous healing or offers the grace for endurance. When Paul implored God three times to remove the thorn from his flesh, God responded, "My grace is sufficient for you, and my strength is made perfect in your weakness" (2 Cor. 12:9).

REFLECTION QUESTIONS

- *Have you or your family experienced supernatural healing?*
- *How do you pray for an unbeliever's healing?*
- *How do you comfort someone who prayed for a miracle that didn't happen?*

DAY

DAY

DAY

DAY

DAY

DAY

DAY

40 DAYS of *prayer*

DAY
15

BY HIS STRIPES WE ARE HEALED

ISAIAH 53:5

Healing and Atonement is a foundational belief in the C&MA. Simpson wrote, in *The Gospel of Healing*, “This blessed Gospel of physical redemption is beginning to be restored to its ancient place, and the Church is slowly learning to reclaim what she never should have lost.” Nonetheless, a conservative skepticism and rationalism persisted so that they had to “contend earnestly for the faith once delivered unto the saints.” Notice that while God graciously used The Alliance to restore and reclaim this truth, that even then, they had to “contend earnestly” to maintain it, and so should we.

Healing and the Church: Jesus’ ministry, as fully described in Isaiah 53, mends and makes us whole. We live in a world that cries out for relief from anxiety, fear, and depression, desperately needing the peace and healing that Jesus offers. God asks, “Is there no balm in Gilead? Is there no physician there? Why then is there no healing for the wound of my people?” (Jer. 8:22). What about the Church—is there no balm in the Church? Yes! It is Jesus. Let’s share this great message with the world.

Healing, Prayer, and the Will of God: The Alliance believes that healing is a spiritual journey that requires prevailing prayer. Acts 4:1-12 reveals that healing is not about how, but who. Focusing on who heals rather than how to achieve it, searching the heart and will of God in our circumstances.



REFLECTION PRAYER

Let us pray full of faith in God’s Word, seek His face until His will is made known, and contend boldly for the gospel of Christ, our Healer.

Father, continue to reveal Jesus as Healer of our spirits, souls, and bodies through the C&MA to a world desperate for peace.

Reveal Your will to me in my journey for healing, that I can confidently say, “Thy will be done” and, “Not to me, oh Lord, but to You be the glory.”

Will You heal through Your Spirit, if it will glorify the Father, exalt Jesus Christ, and strengthen Your church? Amen.

40 DAYS OF *prayer*

DAY
16

THE LORD WHO RESTORES HEALTH

JEREMIAH 30:17

Restoration is a beautiful word and perhaps the most important in our language. It means for something to be brought back to its original condition. It's no secret that the longer we live, the more potential there is for increased brokenness in our lives. We experience broken bodies, broken relationships, and broken hearts. Our dreams can feel as though they have been dashed upon the rocks of a craggy shore, and we are left with the pieces of what used to be whole and healthy. Such experiences can leave us feeling vulnerable, lonely, and wondering how it could have gone so wrong. The prophet Jeremiah speaks to us in such moments, and he speaks clearly. He does not deny or minimize the situation, rather he reminds us that this is not the end of the story. He tells us that God is able to repair what's broken and restore what's been lost. He reminds us that God is tender toward us in times of weakness. God is everything we would want from a physician who is giving us a difficult diagnosis. He knows the problem and the plan of treatment, but also knows something our earthly doctor cannot promise. He knows healing is assured because He is the source of our help, our hope, and our healing! He gave us this life and can do something with every aspect of it. The problem may be ever before you, but look beyond it to the One who cares for you like no other.



REFLECTION PRAYER

Father, thank You for making us Your children. We are comforted by Your continual presence and perfect care. We admit our heartaches while living in this world, but we rejoice that they fade fully into the background as we approach eternity. May Your power be evident among us as we ask for healing for these mortal bodies, provision where we are in need, and restoration for what is broken. Grant us faith and allow answers to our most earnest prayers. We hold everything before You and know Your ways are perfect, so we rest in You. Amen.

40 DAYS of *prayer*

DAY
17

THE HEALER OF BROKEN HEARTS

PSALM 147:3

My friend Lisa Plunket died in May 2025 after a long, painful battle with cancer. We gathered to celebrate her life with broken hearts as our contending prayers for physical healing and long life were not answered. The grief was raw, and the ache of unanswered prayers cut deeply.

Yet Psalm 147:3 gently meets us in such a place: “He heals the brokenhearted and binds up their wounds.” This psalm was likely written after the Israelites returned from exile in Babylon—a time of significant loss. Their homeland lay in ruins, families were scattered, and worship was disrupted. The community’s collective trauma needed more than political or physical rebuilding—they needed deep soul healing. God promised to bind up not just bodies but broken hearts.

Jesus fulfills this promise as our ultimate Healer. Isaiah 53 calls Him the Man of Sorrows, acquainted with grief. He bore our sins, sickness, and sorrows on the Cross, not to give us quick fixes, but eternal restoration.

Though we longed for Lisa’s healing here, we trust that Jesus brought her into wholeness beyond what we see. In our broken-heartedness, He draws near, bandaging wounds. He doesn’t always change the circumstances, but He changes us in the midst of them.

To all who mourn, take heart—our wounded Healer is present, and He will not let our grief go unnoticed. He binds, heals, and one day will make all things new. His presence is our hope, comfort, and assurance that we are not alone in our grief.



REFLECTION PRAYER

Jesus, our wounded Healer, thank You for tenderly holding us in our sorrow and binding our deep wounds. Heal our aching hearts and shattered hopes. Remind us that You are close to the brokenhearted and faithful through every season. Strengthen us to hope, love, and trust You even in silence. Anoint us to be wounded healers—using our pain as a balm for others and our scars as signs of Your resurrection power. Teach us to listen with mercy, walk gently with those who suffer, and carry Your light into the darkest places. May our lives reflect Your redeeming love. Amen.

40 DAYS OF *prayer*

DAY
18

ANOINTED TO SET THE CAPTIVES FREE

ISAIAH 61:1

We know that Lord Jesus is the speaker here because He quotes verses 1 and 2a in the synagogue at Nazareth (see Luke 4:16-21) and added that, “Today this Scripture is fulfilled in your hearing” (v. 21). He was anointed with the Holy Spirit at His baptism. The anointing of Jesus was that sanctification of His human nature by the Holy Spirit, which commenced in the womb of the blessed virgin (see Luke 1:35), which continued as He grew to manhood (see Luke 2:40, 52), which was openly manifested at His baptism, and never ceased till He took His body and soul with Him into heaven. His earthly ministry was concerned with bringing the good tidings of salvation to the poor, binding up the brokenhearted, proclaiming liberty to sin’s captives, and opening the prison of those who were bound. He has proclaimed good news to those who are ready for salvation, accepting Him as Lord and Savior in their hearts. The term “binding up” is an ordinary expression in Isaiah’s writings about healing—the healing of the brokenhearted and broken physical body. And He is ready to save those who are bound by the power of sin, evil, and darkness.

Reflection Questions:

- 1) Have you or your family members encountered God’s salvation through Jesus Christ?
- 2) Have you or your family members ever experienced God’s healing either physically or spiritually?
- 3) Have you or your family members experienced freedom from the power of evil spirits and darkness?



REFLECTION PRAYER

Dear Lord Jesus Christ, we are so thankful for who You are in our lives. Thank You for saving us from the darkest night in our lives and transferring us into Your Kingdom of Light. You are the Healer who has healed us from our illness that earthly physicians cannot heal. You have claimed us to be Yours forever, and the power of sin and darkness cannot overcome! It is a privilege to serve You and Your Church until the day You will return a second time on the earth. We pray in Your name. Amen.

40 DAYS OF *prayer*

DAY
19

THE DELIVERER AND MIRACLE WORKER

MATTHEW 8:16-17

In Matthew 8, Jesus comes back down after delivering the Sermon on the Mount. Matthew begins by recording an account of Jesus' miracles: first healing the leper, an outcast, and then the centurion's servant, a Gentile. Then, He healed Simon Peter's mother-in-law. Matthew then summarizes the rest of that evening by saying many were brought to Jesus needing deliverance, and sick needing healing, and He cast out demons and healed them, on the authority of God, with just a word.

Jesus' ministry of healing and deliverance fulfilled Isaiah's prophecy that reveals the true character of God: Messiah not only saves from the penalty of sin but brings healing physically. It shows us the substitutionary nature of Christ's suffering. He suffered to bear our sin and our physical diseases and our spiritual bondage.

Experiencing spiritual and emotional healing through the love of Jesus personally is a beautiful process. But seeing deliverance is especially amazing. In a prayer session some time ago, I was blown away to witness powers that were present in someone ultimately submitting to the authority of Jesus through the simple, authoritative prayers of the people in the room. There was nothing showy about their faith. Deliverance came simply on the authority of Christ through His blood and Holy Spirit. He showed us that night that He alone is the One who holds all the power in the universe.



REFLECTION PRAYER

Jesus, help me see and experience the reality that Your love and compassion are always available. The love You give is for my good—that I be made whole spiritually, emotionally, and physically. Through faith in You, help me stand firm in the promise that true healing can be experienced and shared, and that complete and total restoration can be tasted now and is my hopeful future in Your Kingdom. Give me boldness to share this reality with others today. Amen.

40 DAYS OF *prayer*

DAY
20

THE LORD WHO COMFORTS AND CARES

JOHN 14:16

Goodbyes are hard. In the midst of what seems like a constant struggle with goodbyes in the military, I missed the fact that Jesus had to say goodbye to His beloved disciples. He took up our pain and bore our transgressions and ultimately had to leave behind those closest to Him.

My mom suffered illness most of my life. As a young girl, I remember praying for healing. I wanted to be able to do the same things other girls got to do with their moms. As a young woman, I continued praying, believing the Lord might perform a miracle in her life. I wanted to travel with her and wanted her to be able to be the energetic grammy she always wanted to be. As time progressed, she started to struggle with more illness, not less. I became weary.

But God did not leave her. In the end, bedridden and aloof, she started to ask to go home. When all of us thought she must mean her beloved New Hampshire, we now believe she meant her eternal home with Jesus. She got her wish in November. We had to say goodbye. For now.

In His perfect will, God chose not to heal her body on Earth, but I know she is in perfect health forever. God gifted us the relief of knowing she was no longer suffering. We don't know why He chose this path, but we know He is good. He understands our pain in loss.



REFLECTION PRAYER

Father, thank You that You empathize with us when we are weary and at a loss for what You are doing. We know you have a perfect will and perfect timing. Thank You for the longing in our hearts to be with You forever in our eternal home. Please comfort us in the loss of those that go before us. Give us a passion to share with everyone we meet what Jesus did for us so they can have that eternal hope too. Spirit, guide us in Your divine appointments and give us the words to speak. In Jesus' name, amen.

THE LORD WHO BRINGS PEACE IN THE MIDST OF CHAOS

JOHN 14:27

The chaos of November 18, 2020, is etched deeply in my memory. A call from my sister shattered the morning—my mother had passed away. Just hours before, I had been told she was recovering well after surgery. I was thousands of miles away in a country locked down by COVID. No flights. No way to return. Even if I left, I wouldn't be allowed back.

In that storm of grief and helplessness, something unexpected wrapped around me—peace. Not a peace that made sense, but the steady, unexplainable peace of Christ. In John 14:27, Jesus speaks this very peace over His disciples, knowing hardship and loss were coming. He doesn't offer escape from chaos. He offers Himself.

His peace doesn't erase sorrow, but holds us through it. It's not based on circumstances, but grounded in His unchanging presence. My unbelieving friends took notice of this unexplainable peace I had and inquired about how they, too, could experience it. It was a joy to share Jesus with them—the only true source of peace!

If your heart feels unsettled today, know that Jesus speaks these same words to you: “Do not let your heart be troubled.” His peace is a gift—real, present, and available even during the chaos of life!



REFLECTION PRAYER

Jesus, You are the Prince of Peace. Thank You for offering a peace that the world cannot give and that circumstances cannot take away. In the midst of my chaos, help me to lean into Your presence and receive Your peace. Quiet my heart and remind me that You are near. I surrender my anxious thoughts and troubled heart to You. Fill me with Your calming presence today. May I “let the peace of God rule in my heart” (Col. 3:15). Amen.