

Verses to pray for help and healing

2 Corinthians 4:16-18 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Psalms 18:36 You broaden the path beneath me, so that my ankles do not turn.

Isaiah 40:28-31 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. ²⁹ He gives strength to the weary and increases the power of the weak. ³⁰ Even youths grow tired and weary, and young men stumble and fall; ³¹ but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Habakkuk 3:17-19 Even though the fig trees have no blossoms, and there are no grapes on the vine; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, ¹⁸ yet I will rejoice in the LORD! I will be joyful in the God of my salvation. ¹⁹ The Sovereign LORD is my strength! He will make me as surefooted as a deer and bring me safely over the mountains.

Psalms 41:3 The LORD will sustain him on his sickbed and restore him from his bed of illness.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 55:8-9 For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. ⁹ For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Psalms 103:14 For he knows our frame; he remembers that we are dust.

Psalms 103:13 As a father has compassion on his children, so the LORD has compassion on those who fear him;

Job 42:2 I know that you can do all things; no plan of yours can be thwarted.

Job 23:10 But he knows the way that I take; when he has tried me, I shall come out as gold.

1 Peter 2:21 For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.

1 Peter 2:24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

1 Peter 1:6-7 In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, ⁷ so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

Isaiah 30:21 Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Isaiah 40:11 He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

Isaiah 38:14 Like a swallow or a crane I chirp; I moan like a dove. My eyes grew weak as I looked to the heavens. I am troubled; O Lord, come to my aid!"

Isaiah 35:3-4 Strengthen the feeble hands, steady the knees that give way; ⁴ say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."

Zephaniah 3:17 The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

Deuteronomy 33:27 The eternal God is your dwelling place, and underneath are the everlasting arms. And he thrust out the enemy before you and said, Destroy.

Isaiah 33:2 O LORD, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.

Psalms 57:1 Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. ² I cry out to God Most High, to God who fulfills his purpose for me.

Psalms 56:8 You have kept count of my tossings; put my tears in your bottle. Are they not in your book?

Psalms 139:2-3 You know when I sit and when I rise; you perceive my thoughts from afar. ³ You discern my going out and my lying down; you are familiar with all my ways.

Psalm 139:13-16 For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, ¹⁶ your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

2 Corinthians 1:2-7 May God our Father and the Lord Jesus Christ give you his grace and peace. ³ All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. ⁴ He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. ⁵ You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. ⁶ So when we are weighed down with troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer. ⁷ We are confident that as you share in suffering, you will also share God's comfort.

Psalm 27:7-14 Hear my voice when I call, O LORD; be merciful to me and answer me. ⁸ My heart says of you, "Seek his face!" Your face, LORD, I will seek. ¹¹ Teach me your way, O LORD; lead me in a straight path because of my oppressors. ¹³ I am still confident of this: I will see the goodness of the LORD in the land of the living. ¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.

Psalm 6:2-9 Be merciful to me, LORD, for I am faint; O LORD, heal me, for my bones are in agony. ³ My soul is in anguish. How long, O LORD, how long? ⁴ Turn, O LORD, and deliver me; save me because of your unfailing love. ⁶ I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. ⁷ My eyes grow weak with sorrow; they fail because of all my foes. ⁸ Away from me, all you who do evil, for the LORD has heard my weeping. ⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer.

Psalm 142:1-7 I cry aloud to the LORD; I lift up my voice to the LORD for mercy. ² I pour out my complaint before him; before him I tell my trouble. ³ When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me. ⁴ Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life. ⁵ I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." ⁶ Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. ⁷ Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

Psalm 13:1-6 How long, O LORD? Will you forget me forever? How long will you hide your face from me? ² How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? ³ Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, ⁴ lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken. ⁵ But I have trusted in your steadfast love; my heart shall rejoice in your salvation. ⁶ I will sing to the LORD, because he has dealt bountifully with me.

Psalm 103:1-5 Bless the LORD, O my soul, and all that is within me, bless his holy name! ² Bless the LORD, O my soul, and forget not all his benefits, ³ who forgives all your iniquity, who heals all your diseases, ⁴ who redeems your life from the pit, who crowns you with steadfast love and mercy, ⁵ who satisfies you with good so that your youth is renewed like the eagle's.

Romans 8:18, 23-29 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. ²³ Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. ²⁴ For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? ²⁵ But if we hope for what we do not yet have, we wait for it patiently. ²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹ For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.

Psalm 31:1-24 In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. ² Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. ³ Since you are my rock and my fortress, for the sake of your name lead and guide me. ⁴ Free me from the trap that is set for me, for you are my refuge. ⁷ I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. ⁸ You have not handed me over to the enemy but have set my feet in a spacious place. ⁹ Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. ¹⁰ My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. ¹² ... I have become like broken pottery. ¹⁴ But I trust in you, O LORD; I say, "You are my God." ¹⁵ My times are in your hands; ... ²¹ Praise be to the LORD, for he showed his wonderful love to me when I was in a besieged city. ²² In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help. ²³ Love the LORD, all his saints! The LORD preserves the faithful... ²⁴ Be strong and take heart, all you who hope in the LORD.