

Date:

**Podcast Worksheet  
A Healing Prayer**

**Scriptural Texts:**

Psalm 103:12; Isaiah 53:3; John 8:36

**Make note of the things the Lord shows you as we pray together through each of the healing steps in our podcast today.**

1. List the areas the Lord wants to address and heal in you.
2. List what the Lord showed you in terms of the offenses you've committed against him.
3. List what the Lord showed you in terms of the offenses you've committed against others.
4. List any steps of reconciliation or restitution that God is asking you to make.
5. List the offenses against you that the Lord would like you to forgive.
6. Choose one wound from #5. List who it is, what they did, and how it made you feel.

**Prayer of Response:**

Lord God, thank you for leading me through these healing steps in our prayer together today. Please continue to take me to areas of woundedness until everything is finished. I want complete healing. I thank you for your love and power that brings redemption and restoration to any wound when I am willing to \_\_\_\_\_ give it to you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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