7 DAY SPIRITUAL HEALING GUIDE

AGENDA

- Healing
- Fasting Type & Time
- Day 1-7
- Scriptures & Explanations
- Inspirational Words
- Testimony

HEALING

What is Healing?

The variety of definitions for healing are far-reaching—coming from spiritual, medical, cultural, psychological, anthropological, and indigenous story roots. The definition used below is a blending of definitions which seeks to describe healing within a context that can be used for both individuals and organizations. It is not intended to be the only definition, or the best definition. It is a starting point for discussion within your organization.

Healing is useful when:

A thought, feeling, or action in an individual or group causes discomfort/ suffering which disrupts the "true" or "best" path for the person or organization. There is a resulting acknowledgment that something is broken, incomplete, or not healthy.

Healing is the result of:

any process used to restore or generate wholeness and provide eventual relief from the initial pain/suffering.

Healing has occurred:

when there is a generation of healthy thought, feeling, or action with increases the capacity to love self and/or others and follow a healthy/purposeful path.

"Healing is a state of being marked by a feeling of wholeness resulting

7-DAY SPIRITUAL FASTING GUIDE FOR HEALING

Fasting Type: Choose between:

Water fast (only water)

Liquid fast (juices, herbal teas, broths)

Daniel fast (fruits, vegetables, whole grains)

Intermittent fasting (eat within a specific time window, e.g., 6hour eating period)

- Suggested Fasting Time:
- 6 AM 6 PM (Partial fast)
- 7 AM 7 PM (Partial fast)
- 6 AM 1 PM (Intermittent Fast)
- 24-Hour Fast (for those able)

 You can choose any time to fast that best aligns with your personal life

DAY 1: SEEKING GOD'S PRESENCE (SPIRITUAL HEALING)

Focus: Align your heart with God, seeking His presence and healing.

Recommendations:

- •Start with thanksgiving and worship.
- •Spend time in silence, listening to God.
- •Drink plenty of water or herbal teas to detoxify physically and spiritually.

Scripture:

Jeremiah 29:13 - "You will seek me and find me when you seek me with all your heart."

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Prayer: "Lord, I seek You with my whole heart. Heal me spiritually, physically, and emotionally. Let Your presence renew me."

Scripture:

- •1 John 1:9 "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
- •Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."

Recommendations:

- •Ask God to reveal hidden sins and let go of guilt and shame.
- •Journal your thoughts and write a prayer of repentance.
- •Drink lemon water or herbal tea to refresh and cleanse your body.

DAY 2: REPENTANCE & CLEANSING (EMOTIONAL HEALING)

- Focus: Repentance brings healing and restores your soul.
- **Prayer:** "Lord, cleanse me from all unrighteousness. Heal my heart and make me whole. I release my burdens to You."

DAY 3: PHYSICAL HEALING & STRENGTH

Focus: Asking God for restoration in your body. Scripture:

Isaiah 53:5 -"By His wounds we are healed."

Exodus 15:26 -"For I am the Lord who heals you." Prayer: "Lord, I believe in Your healing power. Touch my body and restore my strength."

Recommendations:

- •Pray specifically over areas of your body that need healing.
- •Lay hands on yourself as an act of faith.
- •Take **light walks** and breathe deeply for **restoration**.
- •Drink bone broth or fruit smoothies if needed.

Overcoming Anxiety & Fear

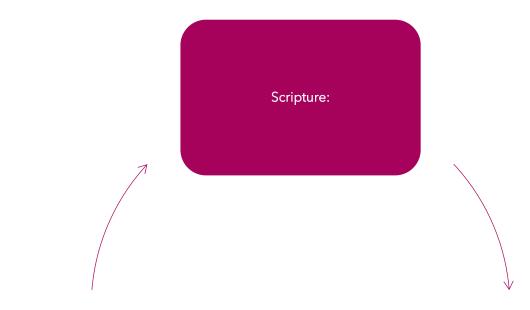
Focus: Releasing worry and embracing peace.

Recommendations:

- Pray and declare peace over your mind.
- •Take a **prayer walk** and practice deep breathing.
- Journal your fears and replace them with God's promises.

Prayer: "Lord, I surrender my anxiety to You. Fill me with Your perfect peace."

DAY 4: HEALING FROM ANXIETY & FEAR



2 Timothy 1:7 - "For God has not given us a spirit of fear, but of power, love, and a sound mind." Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Prayer: "In Jesus' name, I break every stronghold and generational curse. I declare freedom and healing over my life."

Scripture:

2 Corinthians 10:4 - "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

Galatians 3:13 - "Christ redeemed us from the curse of the law by becoming a curse for us."

DAY 5: BREAKING STRONGHOLDS & GENERATIONAL CURSES

Focus: Breaking free from past wounds and spiritual oppression.

Recommendations:

- •Identify any cycles of bondage in your family or life.
- Speak declarations of freedom over yourself.
- •Worship and praise God for His deliverance.

DAY 6: RESTORATION OF RELATIONSHIPS

Focus: Healing broken relationships and forgiving others.
Scripture:

- •Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
- •Matthew 5:9 "Blessed are the peacemakers, for they will be called children of God."

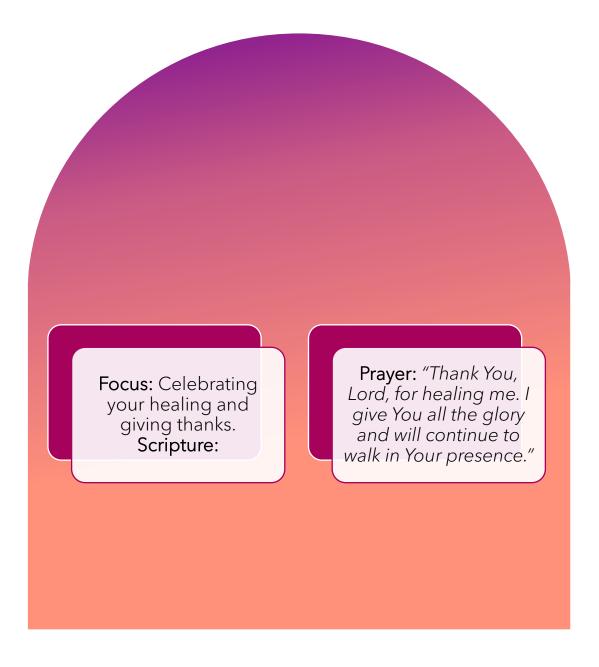
Recommendations:

Ask God to reveal any unforgiveness in your heart.

Write a **letter of forgiveness** (even if you don't send it).

Pray for the restoration of relationships.

Prayer: "Lord, give me the strength to forgive and restore broken relationships in my life."



DAY 7: THANKSGIVING & SPIRITUAL RENEWAL

Scripture:

- Psalm 103:2-3 "Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases."
- 1 Thessalonians 5:18 "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Recommendations:

- Worship and praise God for His healing.
- Write down all the breakthroughs and answered prayers from the fast.
- Plan how to continue seeking God after the fast.

INSPIRATIONAL WORDS

- This fast is a journey of healing and spiritual renewal. As you complete it, take note of the peace, clarity, and strength you feel. Continue to pray, meditate on scripture, and take care of your body beyond these seven days.
- Heal the Hurt by allowing The Most High to carry the burden for you!!

THE START TO A NEW BEGINNING

- My Testimony of Healing Through Fasting & Prayer
- I once carried the weight of depression, anxiety, and fear, trapped by childhood trauma. No matter how I tried to move forward, pain kept pulling me back. But through fasting and prayer, my life transformed.
- At first, it wasn't easy. Fasting required discipline and surrender. I had to face emotions I had long avoided. Yet, through each prayer, each moment of hunger, and each tear, healing began.
- Day by day, burdens lifted. Fear lost its grip, anxiety gave way to peace, and depression faded as God's love filled the empty spaces. I let go of my past and allowed God to rewrite my story.
- Now, I walk in faith, not fear. What once seemed impossible is now a testimony of strength and God's grace.
- I am grateful for "The Start To A New Beginning." Healing is God's promise to those who seek Him. If you are struggling, step into His presence, embrace the process, and trust His plan.
- Let go, let God-true healing begins.