

# How to Pray for

## Healing and Restoration

“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.”

2 CHRONICLES 7:14 (NLT)

Do you need something restored in your life? Maybe you need your family restored, or maybe you need a dream restored. You may need your health or finances restored. Whatever needs healing in your life . . . apply these four principles.

### 1. Admit you're not in control.

That's called humility—when you realize, God is God and you're not. Humility is the first condition for healing and restoration in your life. And humility is a choice. Humility is not thinking less of yourself; it's thinking of yourself less. We choose to be humble when we confess our sin to God the moment we realize we've sinned. Humility is also forgiving quickly. When you look for ways to serve others, instead of expecting to be served, that's humility too.

### 2. Ask God for help!

For many people, asking God for healing is hard. But the New Testament says, over 20 times, you are commanded by God to ask in prayer. When you ask in the name of Jesus to the Father, you get instant access. The reason God wants you to ask for help in prayer is that's the only way you're going to learn to trust Him.

### 3. Seek God, not a miracle!

When you seek God, you get everything else. It's okay to want a miracle. Whether or not you get the healing and restoration you want, always seek God first. The Bible says, “God rewards those who earnestly seek Him” (Hebrews 11:6 NIV). If you're stuck in an unhealthy cycle year after year, you may not be seriously seeking God. You've got to seek Him with all your heart.

#### **4. Turn your attention from the world to the Word.**

Wickedness is forgetting God. Any time you forget God, that's wicked, because you were made to be in fellowship with Him. He loves you and he wants you to love Him back. He knows you and He wants you to know Him. The word "turn," in Hebrew, literally means "return." It means "bring back" and "repent." Repentance is the most positive change you can make in your life. Turn away from hell to heaven, from Satan to God, from no love to the love of the Father that will never, ever end.

#### **LET'S PRAY**

(A Prayer for Healing and Restoration, I am praying too!)

"God, I admit I'm not in control. I've tried to call the shots, and the harder I try to control things, the more out of control everything gets. So today I humble myself, and ask you to guide me, bless me, and give me the power to change.

I'm asking for your help. Teach me to pray all the time, asking for all that I need. I want to trust you more.

And Lord, I want to seek You. Forgive me for the times I have not sought Your face, I've just sought Your blessing. You've said that those who seek You will find You. I want to find You, and I want to be closer to You than ever before. Help me to turn my attention away from the world to Your Word.

And as I do these things, I ask You to hear my prayer. Please forgive my sins. And I ask You to heal and restore me. Heal my heart, body, mind, and relationships. Relieve my fears and restore my patience. I want to be humble like You, Lord. I ask this because Jesus already paid for it, and I pray it in His name, amen".

#### **How Can We Pray for You?**

Whatever challenge you're facing today—sickness, anxiety, loneliness, relational issues, or fear—the KAINOS Prayer Team would be honored to pray alongside you. Let us know how we can pray when you write to us at \_\_\_\_\_(email)