

# HOW TO PRAY FOR HEALING & RESTORATION

40 Days of Prayer – Week 6

(Note – may only be reproduced for use as a participant in MCF's 40 Day of Prayer campaign)

Living in unusual days

**As a multinational church family**- we care about what happens in all the nations where our family member are: Argentina, Germany, Philippines, China

Here is in America – **economics are good, but not much else**

Daily news of **shootings... scandals ... bigotry... conflict, opioid epidemic**

o Stock market at all time high & unemployment lowest in decades  
we have **material prosperity but moral poverty!**

One writer: "**We need a national healing**" I agree

o We need healing in our schools... govt... cities ...neighborhoods  
**But also in our families... marriages... hearts, minds, bodies**

## Today: Pt 6 How to Pray for Healing & Restoration

*Quickly explain* - then we're going to pray for each other

3,000 yrs ago- God made a promise to Solomon at dedication-temple  
But it applies to God's people everywhere:

**2 CHRON. 7:14** "***If my people who are called by my name will humble themselves and pray, and seek my face, and turn from their wicked ways, then I will hear from heaven and I will forgive their sins and I will HEAL their land.***" circle "Heal"

Note 3 things:

1<sup>st</sup> This is not a promise for everyone. "***If my people***" Who are they?

**MT.12:46-50** screen ***While Jesus was teaching the crowd, his mother and brothers waited nearby to speak to him. Someone told Jesus "Your family wants to talk to you." Jesus asked, "Who is my family?" Then pointing to his followers, he said, "These people are my family! Anybody who obeys my Father in heaven and does his will is my brother and my sister and my mother!"*** These are MY people!

Have you given your life to God's Son as God has commanded? "*my people*"

2<sup>nd</sup> for those "***who are called by my name***"

You embarrassed to identify as a disciple? No secret agent Christians

Everybody else is bold today!

**MK 8:38** screen ***Jesus "If anyone is ashamed of me and my words in this unfaithful & immoral generation, I will be ashamed of him when I return in glory with all my angels."*** Whose approval matters most to you?

3<sup>rd</sup> thing to note: ***There is a premise with this promise!***

## **4 CONDITIONS FOR HEALING & RESTORATION...**

*In your body... mind ...emotions... relationships... finances*

### 1. **ADMIT I'M NOT IN CONTROL!**

1<sup>st</sup> cond: "***If my people WILL HUMBLE THEMSELVES***"  
Humility is the 1<sup>st</sup> step to healing

I **don't** approach God arrogantly, proudly... flippantly...disrespectfully  
... make *demands* in prayer . God is not my genie

Bible **never** says to '**PRAY for humility**' just humble yourself!  
Humility is a choice!

What is humility? How can I develop & show it?

**CARD: 12 WAYS**

Humility is a big deal to God. He loves it as much as he hates ego

### HOW DOES GOD RESPOND TO A HUMBLE HEART?

1. If I'm humble, **God will guide me**  
**PS 25:9** "***God leads the humble in the right way and teaches them his will***"
2. If I'm humble, **God will bless me**  
**ISA 66:2** "***I will bless those who have humble & contrite hearts.***"
3. If I'm humble, **God will give me the power to change**  
**JAM. 4:6** "***God opposes the proud but gives grace to the humble***"
4. If I'm humble, **God will give me the power to change**  
**MT. 11:29** ***Jesus, "Take the yoke I give you . . . and learn from me. For I am gentle and humble, and I will restore deep rest to your soul."***

### 2. **ASK GOD FOR HELP!**

***"If my people . . . WILL PRAY . . ."***

You aren't waiting on God. God is waiting on you to pray!

For many, praying for healing is scary. So how do you do it?

### 5 TIPS ON HOW TO PRAY FOR HEALING

Now you need some confidence to do this, so...

**JN. 16:23-24** *Jesus: "I tell you the truth, my Father will give you anything you ask for in my name. Until now you have not asked for anything in my name. Ask and you'll receive, so that your joy will be the fullest possible joy."* (NCV) This vv gives us the first 2 tips:

#1. **Remember Jesus wants me to ask!** *It's his idea!*  
Why does he want you to ask for stuff?  
**It's how you learn to trust him!** No prayer=no trust

#2. **Ask in Jesus' name** *On the basis of what he paid for!*

Objection: "I don't get *everything* I pray for!" What's up?  
Look close: It doesn't say you get *EVERY* thing.  
It's says you can *ASK* for *ANY* thing.  
Go ahead and ASK! God will sort out whether it fits his plan

The next verse gives us 2 more tips

**JAM. 5:13-15** *"Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven."* (NIV)

#3 **Get other people to pray with you!**  
*Doesn't have to be elders. Can be any believer*  
*No healing power in oil- but a beautiful symbol of the Holy Spirit*  
*Can be just 1 other person!*

**MT. 18:19** screen *Jesus: "I tell you that if just two of you on earth agree together about anything you ask for, it will be done for you by my Father in heaven."* (NIV)

#4 **Believe & expect an answer!** *"prayer offered in faith"*  
#5 **Keep on praying until God tells you to stop**

**EPH. 6:18** *"Pray in the Spirit at ALL times with ALL kinds of prayers, asking for ALL you need. To do this you must ALWAYS be ready and never give up! ALWAYS pray for ALL God's people."* (NCV)  
Circle *alls* & *always* That's tenacity!

### 3. **SEEK GOD, NOT A MIRACLE!**

**"If my people . . . WILL SEEK MY FACE . . ."** 2 Chronicles 7:14c  
*Seek HIM ... not merely his blessings*  
*Lord, whether this thing is healed or not.*  
*I want to know YOU*

**PR. 8:17** *"I love those who love me, & those who seek me find me."*

**HEB. 11:6B** *"God rewards those who earnestly seek him."*  
not a casual pastime, in spare moments, low priority  
A serious pursuit! Primary focus!

ILL: You don't become an Olympic athlete in spare time.  
"Play golf?" *"I play at it"* Not willing to invest the time!  
To be a PRO at anything require intensity!

What does God wants from me? More than anything – SEEK HIM!

**PS. 14:2** screen *"The Lord looks down from heaven on the entire human race. He looks to see if there is even one with real understanding, one who seeks for God."*

TRUTH: Very few people –really serious about knowing God.

**DEUT. 4:29-31A** *"If you seek the Lord your God, you will find him if you look for him with all your heart and with all your soul. When you are in distress and all these things have happened to you, you will return to the Lord your God and obey him. For He is a merciful God; he will not abandon or destroy you . . ."*

*If you're stuck in a cycle- yr after yr – it's because you are not really serious about seeking God*

God goes overboard for those who put him first

**MT 6:33** *"Seek first his kingdom and his righteousness, and all these other things will be given to you as well."*

*Try using the format I gave you last week*  
*How to pray through our your day*

**MATT. 6:33** *"Seek first his kingdom and his righteousness, and all these things will be given to you as well."* (NIV)

(can relax about the other stuff)

**DEUT. 4:29** "If you seek the Lord your God, you will find him IF you look for him with all your heart and with all your soul. When you are in distress and all these things have happened to you, you will return to the Lord your God and obey him. For He is a merciful God; he will not abandon or destroy you..." (NIV)

#### 4. TURN MY ATTENTION FROM THE WORLD TO THE WORD

**"and TURN from their WICKED WAYS"** What does that mean?  
Need to define two terms!

##### 1<sup>st</sup>. **"WICKEDNESS"**

What do you think of? *Evil stuff that really bad people do.*  
assassination, torture, rape, murder, extortion, sexual abuse

**DEF:** screen: WICKEDNESS IS FORGETTING GOD

**ISA. 17:10** screen "You have forgotten the God who saves you, and you have not remembered that God is your place of safety." (NCV)

2<sup>nd</sup> **"TURN"** (Heb) means "return" **bring back: "repent"**  
Not just turn away ... turn TO God

**Greek** "meta-noia – "to change your mind (paradigm shift)

**ACTS 3:19** screen "Repent and turn to God, so that your sins may be wiped out, so that times of refreshing may come from the Lord."

**PR. 28:13** If you hide your sins, you will not succeed. But if you confess and reject them, you will receive mercy."

Q: What are you pretending is not a problem?  
Politicians: Cover-ups make it worse!

**JAM. 5:16** "Therefore confess your sins to each other and pray for each other so that you may be **HEALED.**"

Circle: "each other" WRITE: I need others to help me change."  
*Recovery, Support, Small group! SIGN UP*

The first step to ANY kind of healing/recovery is humble confession

A 3 FOLD PROMISE

1. I WILL HEAR FROM HEAVEN
2. I WILL FORGIVE YOUR SINS
3. I WILL HEAL YOUR LAND

#### CARD: WHAT IS HUMILITY & HOW DO YOU SHOW IT?

Humility isn't putting yourself down. Not "thinking less" less often!

#### 12 PRACTICAL WAYS TO SHOW REAL HUMILITY DAILY

(I have Bible verses for each of these)

1. **Confess your sin to God the moment you realize it.** Luke 18:9-14
2. **Forgive quickly. Never hold on to a grudge.** Mt. 18:21-35
3. **When you're treated unfairly, be quiet & patient. Don't retaliate**  
1 Pet 3:8-17\
4. **Look for ways to serve others, instead of expecting to be served.**  
Phil 1:1, 2 Cor 4:5, Mat 23:11
5. **Accept criticism & correction graciously.** Pr. 10:17, 12:1
6. **Don't fight to get the best seat or table or parking spot** Pr.25:6-7
7. **Intentionally be friends with people who have no status, or cannot help you, or are overlooked by society.** *Unpopular Aged, Disabled, New to your country.* Luke 7:36-39
8. **Be respectful to the authorities in your life (even the bad ones)** 1 Peter 2:18
9. **Pick up trash wherever you find it. Leave a public restroom cleaner.**
10. **Admit your weaknesses & sins to a few safe people** James 5:16
11. **Always speak well of others. Never use put-downs. Never stoop to the level of people who put you down.** Eph. 4:31-32
12. **Pray for your enemies. Bless those who hate you.**