

4 Week / 28 Day Healing Scripture Program

Compiled by Bjorn Schmid, October 2025

Dear brother and sisters in Christ,
here is a 4-week (28 days) program of scriptures that I have pulled together to provoke meditation (not medication) and prayer for healing.

IF YOU WISH TO USE THE CONTENTS OF THE DOCUMENT, PLEASE ACKNOWLEDGE THE AUTHOR.

All scripture quotations are from the NIV.

*Scripture quotations taken from The Holy Bible, New International Version®, NIV®.
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. Used with permission of Zondervan.
All rights reserved worldwide. www.zondervan.com*

Contents

Week 1 – Foundation for Healing	2
Week 2 – Our Lord Heals	3
Week 3 – Pray and Believe for Healing.....	5
Week 4 – Be Confident in Your Healing.....	8

Week 1 – Foundation for Healing

Day 1 – Romans 8:1-4

Life Through the Spirit

¹ Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

Day 2 – Romans 8:8-11

⁸ Those who are in the realm of the flesh cannot please God.

⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

Day 3 – Romans 8:14-17

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” ¹⁶ The Spirit himself testifies with our spirit that we are God’s children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Day 4 – Romans 8:18-22

Present Suffering and Future Glory

¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. ¹⁹ For the creation waits in eager expectation for the children of God to be revealed. ²⁰ For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope ²¹ that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. ²² We know that the whole creation has been groaning as in the pains of childbirth right up to the present time.

Day 5 – Romans 8:24-28

²⁴ For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? 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 through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

²⁸ And we know that in all things God works for the good of those who love him, who[i] have been called according to his purpose.

Day 6 – Romans 8:31-34

More Than Conquerors

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.

Day 7 – Romans 8:37-39

³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Week 2 – Our Lord Heals

Day 8 – Exodus 23:25-26

²⁵ Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you, ²⁶ and none will miscarry or be barren in your land. I will give you a full life span.

Day 9 – Psalm 107:19-20

*¹⁹ Then they cried to the Lord in their trouble,
and he saved them from their distress.*

*²⁰ He sent out his word and healed them;
he rescued them from the grave.*

Day 10 – Isaiah 53:4-6

⁴ Surely he took up our pain
and bore our suffering,
yet we considered him punished by God,
stricken by him, and afflicted.
⁵ But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.
⁶ We all, like sheep, have gone astray,
each of us has turned to our own way;
and the Lord has laid on him
the iniquity of us all.

Day 11 – Matthew 4:23-24

Jesus Heals the Sick

²³ Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. ²⁴ News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them.

Day 12 – Matthew 11:28-30

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Day 13 – Luke 6:17-19

Blessings and Woes

¹⁷ He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coastal region around Tyre and Sidon, ¹⁸ who had come to hear him and to be healed of their diseases. Those troubled by impure spirits were cured, ¹⁹ and the people all tried to touch him, because power was coming from him and healing them all.

Day 14 – Hebrews 13:8

⁸ Jesus Christ is the same yesterday and today and forever.

Week 3 – Pray and Believe for Healing

Day 15 – James 5:14-15

¹⁴ *Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.*

Day 16 – Psalm 30:1-5

A psalm. A song. For the dedication of the temple. Of David.

¹ *I will exalt you, Lord,*

for you lifted me out of the depths

and did not let my enemies gloat over me.

² *Lord my God, I called to you for help,*

and you healed me.

³ *You, Lord, brought me up from the realm of the dead;*

you spared me from going down to the pit.

⁴ *Sing the praises of the Lord, you his faithful people;*

praise his holy name.

⁵ *For his anger lasts only a moment,*

but his favor lasts a lifetime;

weeping may stay for the night,

but rejoicing comes in the morning.

Day 17 – Isaiah 38:10-14

¹⁰ *I said, "In the prime of my life
must I go through the gates of death
and be robbed of the rest of my years?"*

¹¹ *I said, "I will not again see the Lord himself
in the land of the living;
no longer will I look on my fellow man,
or be with those who now dwell in this world.*

¹² *Like a shepherd's tent my house
has been pulled down and taken from me.
Like a weaver I have rolled up my life,
and he has cut me off from the loom;
day and night you made an end of me.*

¹³ *I waited patiently till dawn,
but like a lion he broke all my bones;
day and night you made an end of me.*

¹⁴ *I cried like a swift or thrush,
I moaned like a mourning dove.
My eyes grew weak as I looked to the heavens.
I am being threatened; Lord, come to my aid!"*

Day 18 – Isaiah 38:15-20

¹⁵ *But what can I say?*

He has spoken to me, and he himself has done this.

I will walk humbly all my years

because of this anguish of my soul.

¹⁶ *Lord, by such things people live;*

and my spirit finds life in them too.

You restored me to health

and let me live.

¹⁷ *Surely it was for my benefit*

that I suffered such anguish.

In your love you kept me

from the pit of destruction;

you have put all my sins

behind your back.

¹⁸ *For the grave cannot praise you,*

death cannot sing your praise;

those who go down to the pit

cannot hope for your faithfulness.

¹⁹ *The living, the living—they praise you,*

as I am doing today;

parents tell their children

about your faithfulness.

²⁰ *The Lord will save me,*

and we will sing with stringed instruments

all the days of our lives

in the temple of the Lord.

Day 19 – Jeremiah 17:14

¹⁴ *Heal me, Lord, and I will be healed;*

save me and I will be saved,

for you are the one I praise.

Day 20 – Philippians 4:6-7

⁶ *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Day 21 – 1 Peter 5:6-11 NIV

⁶ *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.* ⁷ *Cast all your anxiety on him because he cares for you.*

⁸ *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.* ⁹ *Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.*

¹⁰ *And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.* ¹¹ *To him be the power for ever and ever. Amen.*

Week 4 – Be Confident in Your Healing

Day 22 – Psalm 41:1-4

For the director of music. A psalm of David.

¹ *Blessed are those who have regard for the weak;
the Lord delivers them in times of trouble.*

² *The Lord protects and preserves them—
they are counted among the blessed in the land—
he does not give them over to the desire of their foes.*

³ *The Lord sustains them on their sickbed
and restores them from their bed of illness.*

⁴ *I said, "Have mercy on me, Lord;
heal me, for I have sinned against you."*

Day 23 – Proverbs 4:20-22

²⁰ *My son, pay attention to what I say;
turn your ear to my words.*

²¹ *Do not let them out of your sight,
keep them within your heart;*

²² *for they are life to those who find them
and health to one's whole body.*

Day 24 – Proverbs 4:23-27

- ²³ *Above all else, guard your heart,
for everything you do flows from it.*
- ²⁴ *Keep your mouth free of perversity;
keep corrupt talk far from your lips.*
- ²⁵ *Let your eyes look straight ahead;
fix your gaze directly before you.*
- ²⁶ *Give careful thought to the paths for your feet
and be steadfast in all your ways.*
- ²⁷ *Do not turn to the right or the left;
keep your foot from evil.*

Day 25 – Isaiah 41:9-10

- ⁹ *I took you from the ends of the earth,
from its farthest corners I called you.
I said, ‘You are my servant’;
I have chosen you and have not rejected you.*
- 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.*

Day 26 – Psalm 91:14-16

- ¹⁴ *“Because he loves me,” says the Lord, “I will rescue him;
I will protect him, for he acknowledges my name.*
- ¹⁵ *He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.*
- ¹⁶ *With long life I will satisfy him
and show him my salvation.”*

Day 27 – Psalm 103:1-5

Of David.

- ¹ *Praise the Lord, my soul;
all my inmost being, praise his holy name.*
- ² *Praise the Lord, my soul,
and forget not all his benefits—*
- ³ *who forgives all your sins
and heals all your diseases,*
- ⁴ *who redeems your life from the pit
and crowns you with love and compassion,*
- ⁵ *who satisfies your desires with good things
so that your youth is renewed like the eagle's.*

Day 28 – 3 John 2

- ² *Dear friend, I pray that you may enjoy good health and that all may go well with you,
even as your soul is getting along well.*