

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.

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Week 1 – Foundation for Healing

Day 1 – Romans 8:1-4

Free from Indwelling Sin

¹ There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. ² For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. ³ For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, ⁴ that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.

Day 2 – Romans 8:8-11

⁸ So then, those who are in the flesh cannot please God.

⁹ But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His. ¹⁰ And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. ¹¹ But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

Day 3 – Romans 8:14-17

¹⁴ For as many as are led by the Spirit of God, these are sons of God. ¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” ¹⁶ The Spirit Himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

Day 4 – Romans 8:18-22

From Suffering to Glory

¹⁸ For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. ¹⁹ For the earnest expectation of the creation eagerly waits for the revealing of the sons of God. ²⁰ For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope; ²¹ because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God. ²² For we know that the whole creation groans and labors with birth pangs together until now.

Day 5 – Romans 8:24-28

²⁴ For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? ²⁵ But if we hope for what we do not see, we eagerly wait for it with perseverance.

²⁶ Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. ²⁷ Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

²⁸ And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Day 6 – Romans 8:31-34

God's Everlasting Love

³¹ What then shall we say to these things? If God is for us, who can be against us? ³² He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? ³³ Who shall bring a charge against God's elect? It is God who justifies. ³⁴ Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

Day 7 – Romans 8:37-39

³⁷ Yet in all these things we are more than conquerors through Him who loved us. ³⁸ For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Week 2 – Our Lord Heals

Day 8 – Exodus 23:25-26

²⁵ "So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. ²⁶ No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.

Day 9 – Psalm 107:19-20

*¹⁹ Then they cried out to the Lord in their trouble,
And He saved them out of their distresses.*

*²⁰ He sent His word and healed them,
And delivered them from their destructions.*

Day 10 – Isaiah 53:4-6

⁴ Surely He has borne our griefs
And carried our sorrows;
Yet we esteemed Him stricken,
Smitten by God, and afflicted.
⁵ But He was wounded for our transgressions,
He was bruised for our iniquities;
The chastisement for our peace was upon Him,
And by His stripes we are healed.
⁶ All we like sheep have gone astray;
We have turned, every one, to his own way;
And the Lord has laid on Him the iniquity of us all.

Day 11 – Matthew 4:23-24

Jesus Heals a Great Multitude

²³ And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. ²⁴ Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.

Day 12 – Matthew 11:28-30

²⁸ “Come to Me, all you who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly 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

Jesus Heals a Great Multitude

¹⁷ And He came down with them and stood on a level place with a crowd of His disciples and a great multitude of people from all Judea and Jerusalem, and from the seacoast of Tyre and Sidon, who came to hear Him and be healed of their diseases, ¹⁸ as well as those who were tormented with unclean spirits. And they were healed. ¹⁹ And the whole multitude sought to touch Him, for power went out from Him and healed them all.

Day 14 – Hebrews 13:8

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

Week 3 – Pray and Believe for Healing

Day 15 – James 5:14-15

¹⁴ Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ¹⁵ And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

Day 16 – Psalm 30:1-5

The Blessedness of Answered Prayer

A Psalm. A Song at the dedication of the house of David.

*¹ I will extol You, O Lord, for You have lifted me up,
And have not let my foes rejoice over me.*

*² O Lord my God, I cried out to You,
And You healed me.*

*³ O Lord, You brought my soul up from the grave;
You have kept me alive, that I should not go down to the pit.*

*⁴ Sing praise to the Lord, you saints of His,
And give thanks at the remembrance of His holy name.*

*⁵ For His anger is but for a moment,
His favor is for life;
Weeping may endure for a night,
But joy comes in the morning.*

Day 17 – Isaiah 38:10-14

¹⁰ *I said,*

*“In the prime of my life
I shall go to the gates of Sheol;
I am deprived of the remainder of my years.”*

¹¹ *I said,*

*“I shall not see Yah,
The Lord in the land of the living;
I shall observe man no more among the inhabitants of the world.*

¹² *My life span is gone,*

*Taken from me like a shepherd’s tent;
I have cut off my life like a weaver.
He cuts me off from the loom;
From day until night You make an end of me.*

¹³ *I have considered until morning—*

*Like a lion,
So He breaks all my bones;
From day until night You make an end of me.*

¹⁴ *Like a crane or a swallow, so I chattered;*

*I mourned like a dove;
My eyes fail from looking upward.
O Lord, I am oppressed;
Undertake for me!”*

Day 18 – Isaiah 38:15-20

¹⁵ *What shall I say?*

*He has both spoken to me,
And He Himself has done it.*

*I shall walk carefully all my years
In the bitterness of my soul.*

¹⁶ *O Lord, by these things men live;*

*And in all these things is the life of my spirit;
So You will restore me and make me live.*

¹⁷ *Indeed it was for my own peace*

*That I had great bitterness;
But You have lovingly delivered my soul from the pit of corruption,
For You have cast all my sins behind Your back.*

¹⁸ *For Sheol cannot thank You,*

*Death cannot praise You;
Those who go down to the pit cannot hope for Your truth.*

¹⁹ *The living, the living man, he shall praise You,*

*As I do this day;
The father shall make known Your truth to the children.*

²⁰ *“The Lord was ready to save me;*

*Therefore we will sing my songs with stringed instruments
All the days of our life, in the house of the Lord.”*

Day 19 – Jeremiah 17:14

Jeremiah Prays for Deliverance

¹⁴ *Heal me, O Lord, and I shall be healed;*

*Save me, and I shall be saved,
For You are my praise.*

Day 20 – Philippians 4:6-7

⁶ *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

Day 21 – 1 Peter 5:6-11 NIV

⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. ¹⁰ But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. ¹¹ To Him be the glory and the dominion forever and ever. Amen.

Week 4 – Be Confident in Your Healing

Day 22 – Psalm 41:1-4

*The Blessing and Suffering of the Godly
To the Chief Musician. A Psalm of David.*

¹ Blessed is he who considers the poor;
The Lord will deliver him in time of trouble.

² The Lord will preserve him and keep him alive,
And he will be blessed on the earth;
You will not deliver him to the will of his enemies.

³ The Lord will strengthen him on his bed of illness;
You will sustain him on his sickbed.

⁴ I said, "Lord, be merciful to me;
Heal my soul, for I have sinned against You."

Day 23 – Proverbs 4:20-22

²⁰ My son, give attention to my words;
Incline your ear to my sayings.

²¹ Do not let them depart from your eyes;
Keep them in the midst of your heart;

²² For they are life to those who find them,
And health to all their flesh.

Day 24 – Proverbs 4:23-27

- ²³ *Keep your heart with all diligence,
For out of it spring the issues of life.*
- ²⁴ *Put away from you a deceitful mouth,
And put perverse lips far from you.*
- ²⁵ *Let your eyes look straight ahead,
And your eyelids look right before you.*
- ²⁶ *Ponder the path of your feet,
And let all your ways be established.*
- ²⁷ *Do not turn to the right or the left;
Remove your foot from evil.*

Day 25 – Isaiah 41:9-10

- ⁹ *You whom I have taken from the ends of the earth,
And called from its farthest regions,
And said to you,
'You are My servant,
I have chosen you and have not cast you away:*
- ¹⁰ *Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.'*

Day 26 – Psalm 91:14-16

- ¹⁴ *"Because he has set his love upon Me, therefore I will deliver him;
I will set him on high, because he has known My name.*
- ¹⁵ *He shall call upon 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

Praise for the Lord's Mercies

A Psalm of David.

¹ *Bless the Lord, O my soul;*

And all that is within me, bless His holy name!

² *Bless the Lord, O my soul,*

And forget not all His benefits:

³ *Who forgives all your iniquities,*

Who heals all your diseases,

⁴ *Who redeems your life from destruction,*

Who crowns you with lovingkindness and tender mercies,

⁵ *Who satisfies your mouth with good things,*

So that your youth is renewed like the eagle's.

Day 28 – 3 John 2

² *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*