

# Healing Scripture Meditation & Declaration

with Pastor Marco Bravo

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## Galatians 1:4 (NLTse)

Jesus gave his life **for our sins**, just as **God our Father** planned, in order to **rescue us from this evil world** in which we live.

It was **God's** plan for Jesus to give his life for **all** my sin; **past, present and future**. He did it to also rescue me from the personal consequence of my sin, which includes **sickness and disease!**

## 1 Peter 2:24 (NKJV)

who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—**by whose stripes you were healed.**

## Isaiah 53:4-5 (NIV)

Surely **he took up our pain** and **bore our suffering**, yet we considered him punished by God, stricken by him, and afflicted.

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.**

**Jesus** not only died for my sin but  
also **suffered** for my sickness;  
This is why I **am entitled to and can**  
**enjoy health and wholeness in**  
**Jesus —**

So I believe it and receive it!

## **Ephesians 2:8-9 (NKJV)**

For **by grace** you have been saved **through faith**, and that **not of yourselves**; it is the **gift of God**, **not of works**, lest anyone should boast.

## **Colossians 2:6 (NKJV)**

**As you** therefore have **received Christ Jesus the Lord**, **so walk in Him**

The way I received salvation **is the way** I live my life in Jesus; **by grace through faith** and not by my merit or performance before God. Therefore, when I am in need of divine healing, I also receive it by grace through faith **and not** as a result of my merit or performance before God!

## Job 5:26 (NLT)

You will go to the grave **at a ripe old age**, like a sheaf of grain harvested at the proper time!

## Psalms 91:16 (NKJV)

With **long life** I will satisfy him,  
And show him My salvation.”



Because it is **God's plan** for me to live **a long good life** and to die **at a ripe old age**, I know that **He keeps me healthy and whole!**

## 1 Corinthians 1:30 (NKJV)

But **of Him** you are in Christ Jesus, who **became for us** wisdom from God—and **righteousness** and **sanctification** and redemption—

## Proverbs 3:7-8 (MSG)

Don't assume that you know it all.

**Run to God! Run from evil!**

Your body **will glow with health,**  
your very bones **will vibrate with life!**

God made me **righteous** and **holy** before him in Jesus, this is why I have **absolute confidence** before God and **shun evil from my life** — **Every day** I see my body **glow with health** and my bones **vibrant with life!**

## Proverbs 4:20-22 (NKJV)

**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**.

I love **meditating** and spending time in **God's Word**, one of the reasons is because **they fill me with the life of God** and **continue releasing health to my being.**

## Exodus 23:25 (NKJV)

“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.**”

My Father, I am so grateful to you  
**for blessing all that I eat and drink.**  
Thank you for causing it to **nourish**  
me and **not harm me**, thank you for  
keeping sickness and disease **away**  
**from me!**

## **Acts 10:38 (NKJV)**

how **God anointed Jesus** of Nazareth with the Holy Spirit and with power, who went about doing good **and healing all** who were oppressed by the devil, **for God** was with Him.



**God is the ultimate source of divine health and wholeness, so while I do my best to eat and drink healthy and exercise regularly; I ultimately trust and depend on God with my health and wholeness!**