

An aerial photograph of a beach with turquoise water and white foam waves crashing onto the sand. The text "40 days of Prayer" is overlaid in white serif font.

40 *days of* Prayer

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)

Four Conditions For Healing And Restoration In Any Area Of Your Life.

I admit I'm not in control.

“If my people WILL HUMBLE THEMSELVES . . .”

2 Chronicles 7:14a

Four things you can expect God to do in your life as a result of being humble:

1) If I'm humble, God will guide me.

“God leads the humble in the right way and teaches them his will.”

Psalms 25:9 (TEV)

2) If I'm humble, God will bless me.

“I will bless those who have humble and contrite hearts.”

Isaiah 66:2 (NLT)

3) If I'm humble, God will give me the power to change.
“God opposes the proud but gives grace to the humble.”

James 4:6

4) If I'm humble, God will reduce my stress.
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.”

Matthew 11:29

Second Condition For Healing And Restoration In Any Area Of Your Life.

Ask God for help!

“If my people. . .WILL PRAY. . . .”

2 Chronicles 7:14b

**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.**

James 5:15 (NKJV)

Third Condition For Healing And Restoration In Any Area Of Your Life.

Seek God, not a miracle!

“If my people . . . WILL SEEK MY FACE . . .”

2 Chronicles 7:14c

***God says, "I love those who
love me, and those who seek
me find me."***

Proverbs 8:17

Fourth Condition For Healing And Restoration In Any Area Of Your Life.

Turn my attention from the world to the Word.

**“If my people . . . TURN FROM THEIR
WICKED WAYS . . .”**

2 Chronicles 7:14d

**“If you hide your sins, you will not
succeed. But if you confess and
reject them, you will receive mercy.”**

Proverbs 28:13 (NCV)

“Therefore confess your sins to each other and pray for each other so that you may be healed.”

James 5:16 (NIV)

**...I will hear from heaven and will forgive
their sins and restore their land.**

2 Chronicles 7:14 (NLT)