

The background of the image is a photograph of a coastal scene. It shows a sandy beach in the foreground with white, foamy waves crashing onto it. Beyond the beach, the water is a vibrant turquoise color with visible ripples and reflections. The overall texture is slightly grainy, giving it a painterly or artistic feel.

# 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.”

*Psalm 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)*