

The Healing Benefits of Meditating on God's Word

These verses were chosen because they're especially encouraging to someone who's going through a trial. One of our members had a persistent medical trial when they felt inspired by the Lord to focus on meditating on the Word. There are promised blessings to those who meditate on His Word and some of them are found in Joshua 1:8, Psalms 1:1-3, Proverbs 4:20-22 and John 15:7.

This person looked for verses that might help in the trial and these are the verses they chose. They tried to spend 20-30 minutes two or three times a day looking at them and focusing on what God was saying to them through them. They found that Scripture says so much about God's lovingkindness and His willingness to deliver us from physical afflictions that it was just natural to believe I Peter 2:24, that we were healed by Jesus' stripes (the lashes He received before He was crucified). In two weeks this person's condition began to improve and it soon got much, much better. They believe that meditating the Word brings healing because of the promise of Proverbs 4:22: it is "health to all their whole body."

Our suggestion is that you take these verses one at a time and read them over a number of times. You can thank the Lord for the wonderful things He's saying in the verse, you can declare the truth of the verse by speaking it out loud and you can try putting your name in the verse where it says "they" or "us", etc. This isn't changing the Word in a way that's displeasing to Him because He's speaking His Word to each one of us individually and He's pleased when we apply to ourselves.

We hope that you find that the truths in these verses become more precious as you meditate on them over time and that your faith in God's love, goodness and willingness to heal increase more and more.

If you have questions about the verses or about meditating the Word, or even if you have comments about what these verses are saying to you, you can contact us at <http://www.camarillohealingrooms.com/contact> and we will be happy to respond.

Scriptures

Num. 23:19 God is not a man, that He should lie, nor a son of man, that He should repent; has He said, and will He not do it? Or has He spoken, and will He not make it good?

Josh. 21:45 Not one of the good promises which the LORD had made to the house of Israel failed; all came to pass.

Ps. 3:1a, 2, 3, 7a, & 8 O LORD, how my adversaries have increased! Many are saying of my soul, "There is no deliverance for him in God." But You, O LORD, are a shield about me, my glory, and the One who lifts my head. Arise, O LORD; save me, O my God! Salvation belongs to the LORD; Your blessing be upon Your people!

Ps. 4:1 & 3 Answer me when I call, O God of my righteousness! You have relieved me in my distress; be gracious to me and hear my prayer. But know that the LORD has set apart the godly man for Himself; the LORD hears when I call to Him.

Ps. 4:4b & 5 . . . meditate in your heart upon your bed, and be still. Offer the sacrifices of righteousness, and trust in the LORD.

Ps. 5:1 & 2 Give ear to my words, O LORD, consider my groaning. Heed the sound of my cry for help, my King and my God, for to You I pray.

Selah.

Ps. 5:11 & 12 But let all who take refuge in You be glad, let them ever sing for joy; and may You shelter them, that those who love Your name may exult in You. For it is You who blesses the righteous man, O LORD, You surround him with favor as with a shield.

Ps. 7:1 O LORD my God, in You I have taken refuge; save me from all those who pursue me, and deliver me . . .

Ps. 7:6a & 8b Arise, O LORD, in Your anger; lift up Yourself against the rage of my adversaries, and arouse Yourself for me vindicate me, O LORD, according to my righteousness and my integrity that is in me.

Ps. 7:10 & 11 My shield is with God, who saves the upright in heart. God is a righteous judge, and a God who has indignation every day.

Ps. 9:9 & 10 The LORD also will be a stronghold for the oppressed, a stronghold in times of trouble; and those who know Your name will put their trust in You, for You, O LORD, have not forsaken those who seek You.

Ps. 9:12b & 18 . . . He does not forget the cry of the afflicted. For the needy will not always be forgotten, nor the hope of the afflicted perish forever.

Ps. 12:5 “Because of the devastation of the afflicted, because of the groaning of the needy, now I will arise,” says the LORD; “I will set him in the safety for which he longs.”

Ps. 18:17-19 He delivered me from my strong enemy, and from those who hated me, for they were too mighty for me. They confronted me in the day of my calamity, but the LORD was my stay. He brought me forth also into a broad place; He rescued me, because He delighted in me.

Ps. 20:1 & 2 May the LORD answer you in the day of trouble! May the name of the God of Jacob set you securely on high! May He send you help from the sanctuary and support you from Zion!

Ps. 20: 4 & 5 May He grant you your heart’s desire and fulfill all your counsel! We will sing for joy over your victory, and in the name of our God we will set up our banners. May the LORD fulfill all your petitions.

Ps. 20:6 & 9 Now I know that the LORD saves His anointed; He will answer him from His holy heaven with the

saving strength of His right hand. O LORD; may the King answer us in the day we call.

Ps.25:1-3a To You, O LORD, I lift up my soul. O my God, in You I trust, do not let me be ashamed; do not let my enemies exult over me. Indeed, none of those who wait for You will be ashamed . . .

Ps. 25:15-17 My eyes are continually toward the LORD, for He will pluck my feet out of the net. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses.

Ps. 25:18-20 Look upon my affliction and my trouble, and forgive all my sins. Look upon my enemies, for they are many, and they hate me with violent hatred. Guard my soul and deliver me; do not let me be ashamed, for I take refuge in You.

Ps. 26:1 & 11 Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering. But as for me, I shall walk in my integrity; redeem me, and be gracious to me.

Save,

Ps. 27:1 & 2 The LORD is my light and my salvation; whom shall I fear? The LORD is the defense of my life; whom shall I dread? When evildoers came upon me to devour my flesh, my adversaries and my enemies, they stumbled and fell.

Ps. 27:14 Wait for the LORD; be strong and let your heart take courage; yes, wait for the LORD.

Ps. 28:7 The LORD is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults, and with my song I shall thank Him.

Ps. 33:22 Let Your lovingkindness, O LORD, be upon us, according as we have hoped in You.

Ps. 34:4, 6 & 7 I sought the LORD, and He answered me, and delivered me from all my fears. This poor man cried, and the LORD heard him and saved him out of all his troubles. The angel of the LORD encamps around those who fear Him, and rescues them.

Ps. 34:8-10 The eyes of the LORD are toward the righteous and His ears are open to their cry. The righteous cry, and the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves those who are crushed in spirit.

Ps. 34:15, 17 & 18 O taste and see that the LORD is good; how blessed is the man who takes refuge in Him! O fear the LORD, you His saints; for to those who fear Him there is no want. The young lions do lack and suffer hunger; but they who seek the LORD shall not be in want of any good thing.

Ps. 34:19 & 22 Many are the afflictions of the righteous, but the LORD delivers him out of them all. The LORD redeems the soul of His servants, and none of those who take refuge in Him will be condemned.

Ps. 35:1, 2b & 3b Contend, O LORD, with those who contend with me; fight against those who fight against me. . . . and rise up for my help. . . . meet those who pursue me; say to my soul, "I am your salvation."

Ps. 35:9 & 10a And my soul shall rejoice in the LORD; it shall exult in His salvation. All my bones will say, "LORD, who is like You, Who delivers the afflicted from him who is too strong for him . . ."

Ps. 35:22b & 23 . . . O Lord, do not be far from me. Stir up Yourself, and awake to my right and to my cause, my God and my Lord.

Ps. 40:11, 13 & 17 You, O LORD, will not withhold Your compassion from me; Your lovingkindness and Your truth will continually preserve me. Be pleased, O LORD, to deliver me; make haste, O LORD, to help me. Since I am afflicted and needy, let the Lord be mindful of me. You are my help and my deliverer; do not delay, O my God.

Ps. 42:11 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, the help of my countenance and my God.

Ps. 44:5-7 Through You we will push back our adversaries; through Your name we will trample down those who rise up against us. For I will not trust in my bow, nor will my sword save me. But You have saved us from our adversaries, and You have put to shame those who hate us.

Ps. 44:24-26 Why do You hide Your face and forget our affliction and our oppression for our soul has sunk down into the dust; our body cleaves to the earth. Rise up, be our help, and redeem us for the sake of Your lovingkindness.

Ps. 46:1, 10 & 11 God is our refuge and strength, a very present help in trouble. "Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The LORD of hosts is with us; the God of Jacob is our stronghold.

Ps. 54:1, 2 & 4 Save me, O God, by Your name, and vindicate me by Your power. Hear my prayer, O God; give ear to the words of my mouth. Behold, God is my helper; the Lord is the sustainer of my soul.

Ps. 54:5, 6b & 7a He will recompense the evil to my foes; destroy them in Your faithfulness. . . . I will give thanks to Your name, O LORD, for it is good. For He has delivered me from all trouble . . .

Ps. 55:18 & 19a He will redeem my soul in peace from the battle which is against me, for they are many who strive with me. God will hear and answer them—

Ps. 55:22 Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

Ps. 57:1-3 Be gracious to me, O God, be gracious to me, for my soul takes refuge in You; and in the shadow of Your wings I will take refuge until destruction passes by. I will cry to God Most High, to God who accomplishes all things for me. He will send from heaven and save me; He reproaches him who tramples upon me.

Ps. 59:16 & 17 But as for me, I shall sing of Your strength; yes, I shall joyfully sing of Your lovingkindness in the morning, for You have been my stronghold and a refuge in the day of my distress. O my strength, I will sing praises to You; for God is my stronghold, the God who shows me lovingkindness.

Ps. 61:3 & 7b For You have been a refuge for me, a tower of strength against the enemy. . . . appoint lovingkindness and truth that they may preserve (me).

Ps. 65:5a By awesome deeds You answer us in righteousness, O God of our salvation, You who are the trust of all the ends of the earth and of the farthest sea . . .

Ps. 66:12b, 13b & 14 . . . we went through fire and through water, yet You brought us out into a place of abundance. . . . I shall pay You my vows, which my lips uttered and my mouth spoke when I was in distress.

Ps. 68:19-21a Blessed be the Lord, who daily bears our burden, the God who is our salvation. God is to us a God of deliverances; and to GOD the Lord belong escapes from death. Surely God will shatter the head of His enemies . . .

Ps. 69:16-18 Answer me, O LORD, for Your lovingkindness is good; according to the greatness of Your compassion, turn to me, and do not hide Your face from Your servant, for I am in distress; answer me quickly. Oh draw near to my soul and redeem it; ransom me because of my enemies!

Selah.

Ps. 70:1, 4 & 5 O God, hasten to deliver me; O LORD, hasten to my help! Let all who seek You rejoice and be glad in You; and let those who love Your salvation say continually, "Let God be magnified." But I am afflicted and needy; hasten to me, O God! You are my help and my deliverer; O LORD, do not delay.

Ps. 71:1-3 In You, O LORD, I have taken refuge; let me never be ashamed. In Your righteousness deliver me and rescue me; incline Your ear to me and save me. Be to me a rock of habitation to which I may continually come; You have given commandment to save me . . .

Ps. 71:12 & 13 O God, do not be far from me; O my God, hasten to my help! Let those who are adversaries of my soul be ashamed and consumed; let them be covered with reproach and dishonor, who seek to injure me.

Ps. 71:20 & 21 You who have shown me many troubles and distresses will revive me again, and will bring me up again from the depths of the earth. May You increase my greatness and turn to comfort me.

Ps. 73:23-26 Nevertheless I am continually with You; You have taken hold of my right hand. With Your counsel You will guide me, and afterward receive me to glory. Whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Ps. 73:28 But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, that I may tell of all Your works.

Ps. 80:2b & 3 . . . stir up Your power and come to save us! O God, restore us and cause Your face to shine upon us, and we will be saved.

Ps. 84:5a & 12 How blessed is the man whose strength is in You . . . O LORD of hosts, how blessed is the man who trusts in You!

Ps. 84:11 For the LORD God is a sun and shield; the LORD gives grace and glory; no good thing does He withhold from those who walk uprightly.

Ps. 85:9, 10 & 12a Surely His salvation is near to those who fear Him, that glory may dwell in our land. Lovingkindness and truth have met together; righteousness and peace have kissed each other. Indeed, the LORD will give what is good . . .

Ps. 86:1-3 Incline Your ear, O LORD, and answer me; for I am afflicted and needy. Preserve my soul, for I am a godly man; O You my God, save Your servant who trusts in You. Be gracious to me, O Lord, for to You I cry all day long.

Ps. 86:4 & 5 Make glad the soul of Your servant, for to You, O Lord, I lift up my soul. For You, Lord, are good, and ready to forgive, and abundant in loving-kindness to all who call upon You.

Ps. 86:6 & 7 Make glad the soul of Your servant, for to You, O Lord, I lift up my soul. For You, Lord, are good, and ready to forgive, and abundant in loving-kindness to all who call upon You.

Ps. 90:14 & 15 O satisfy us in the morning with Your lovingkindness, that we may sing for joy and be glad all our days. Make us glad according to the days You have afflicted us, and the years we have seen evil.

Ps. 103:8 & 11 The LORD is compassionate and gracious, slow to anger and abounding in lovingkindness. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him.

Ps. 103:13 Just as a father has compassion on his children, so the LORD has compassion on those who fear Him.

Ps. 103:17 & 18 But the lovingkindness of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember His precepts to do them.

Ps. 105:3 & 4 Glory in His holy name; let the heart of those who seek the LORD be glad. Seek the LORD and His strength; seek His face continually.

Ps. 106:4 Remember me, O LORD, in Your favor toward Your people; visit me with Your salvation . . .

Ps. 107:1, 2 & 9 Oh give thanks to the LORD, for He is good, for His lovingkindness is everlasting. Let the redeemed of the LORD say so, whom He has redeemed from the hand of the adversary . . . For He has satisfied the thirsty soul, and the hungry soul He has filled with what is good.

Ps. 109:21 & 26 But You, O GOD, the Lord, deal kindly with me for Your name's sake; because Your lovingkindness is good, deliver me . . . Help me, O LORD my God; save me according to Your lovingkindness.

Ps. 115:12 & 13 The LORD has been mindful of us; He will bless us; He will bless the house of Israel; He will bless the house of Aaron. He will bless those who fear the LORD, the small together with the great.

Ps. 115:14 & 15 May the LORD give you increase, you and your children. May you be blessed of the LORD, maker of heaven and earth.

Ps. 116:7 Return to your rest, O my soul, for the LORD has dealt bountifully with you.

Ps. 118:14-16 The LORD is my strength and song, and He has become my salvation. The sound of joyful shouting and salvation is in the tents of the righteous; the right hand of the LORD does valiantly. The right hand of the LORD is exalted; the right hand of the LORD does valiantly.

Ps. 119:41 May Your lovingkindnesses also come to me, O LORD, Your salvation according to Your word . . . Ps. 119:116 Sustain me according to Your word, that I may live; and do not let me be ashamed of my hope. Ps. 119:121 I have done justice and righteousness; do not leave me to my oppressors. Ps. 119:124 Deal with Your servant according to Your lovingkindness and teach me Your statutes.

Ps. 119:132 Turn to me and be gracious to me, after Your manner with those who love Your name. Ps. 119:133 Establish my footsteps in Your word, and do not let any iniquity have dominion over me. Ps. 119:154 Plead my cause and redeem me; revive me according to Your word. Ps. 119:159 Consider how I love Your precepts; revive me, O LORD, according to Your lovingkindness.

Ps. 136:1, 4 & 24 Give thanks to the LORD, for He is good, for His lovingkindness is everlasting. To Him who alone does great wonders, for His lovingkindness is everlasting and has rescued us from our adversaries, for His lovingkindness is everlasting . . .

Ps. 138:7 & 8 Though I walk in the midst of trouble, You will revive me; You will stretch forth Your hand against the wrath of my enemies, and Your right hand will save me. The LORD will accomplish what concerns me; Your lovingkindness, O LORD, is everlasting; do not forsake the works of Your hands.

Ps. 146:5-7 How blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, who made heaven and earth, the sea and all that is in them; who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free.

Ps . 147:11 The LORD favors those who fear Him, those who wait for His lovingkindness.

Prov. 4:20-22 My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your sight; keep them in the midst of your heart. For they are life to those who find them and health to all their body.

Prov. 12:14 A man will be satisfied with good by the fruit of his words . . . Prov. 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.

Matt. 7:7 & 8 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. “For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

Mk. 11:23 “Truly I say to you, whoever says to this mountain, ‘Be taken up and cast into the sea,’ and does not doubt in his heart, but believes that what he says is going to happen, it will be granted him.”

Rom. 16:20 And the God of peace will soon crush Satan under your feet. I Cor. 15:57 . . . but thanks be to God, who gives us the victory through our Lord Jesus Christ.

II Cor. 1:20 For as many as are the promises of God, in Him they are yes; therefore also through Him is our Amen to the glory of God through us.

Col. 2:10 . . . and in Him you have been made complete, and He is the head over all rule and authority . . .

Heb. 10:23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful . . .

Heb. 10:35 Therefore, do not throw away your confidence, which has a great reward.

Heb. 11:6 And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.

Jam. 1:2-4 Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

Jam. 1:12 Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

Jam. 4:7 Submit therefore to God. Resist the devil and he will flee from you.