As we enter the month of May, we focus our hearts and prayers on the vital theme of *Wholeness, Healing, and Health*. In a world often plagued by physical, emotional, and spiritual challenges, we are called to seek complete restoration in every area of our lives.

1. **Restoration of Body, Mind, and Spirit:**  
   True health is not limited to the physical; it encompasses our emotional and spiritual well-being. The Bible reminds us that God desires us to be whole in every aspect of our lives (3 John 1:2). When we pray for healing and health, we invite God's divine restoration into every part of our being, asking for His strength to renew and rejuvenate us.
2. **God’s Healing Power:**  
   God is a healer, and He promises to restore us. The Bible speaks of God's ability to heal and make us whole (Exodus 15:26, Jeremiah 30:17). By praying for healing, we trust in His ability to heal not just our physical ailments but also our emotional wounds and spiritual brokenness.
3. **Faith in God's Provision:**  
   Faith in God’s provision means we pray with expectancy, not anxiety. Philippians 4:6–7 reinforces this: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*
4. **Living in the Fullness of Life:**  
   Wholeness enables us to live out the abundant life God promises us —not in lack, not in brokenness, but in divine wholeness! John 10:10 declares that Jesus came to give us life, and life more abundantly. Yet too many of God’s people remain wounded, bound, and burdened for far too long. But when the Spirit of the Lord brings healing and restoration, we are made whole—spirit, soul, and body. And when we are whole, we can walk boldly in our purpose, serve with power, and rejoice in the joy of the Lord! Wholeness is our portion. (John 10:10).

Heavenly Father

*We honor you, we bless and praise your name. We speak wholeness, healing, and health over our lives, our families, and our communities in Jesus' mighty name! We declare that by the stripes of Jesus, we are healed! We command every sickness, every emotional wound, every broken heart to be made whole in the name of Jesus! We receive your divine strength today—spirit, soul, and body!*

*We thank You, Lord, for restoring us completely. We stand in Your victory, and we declare that we are whole in You, in Jesus' name!*

*Amen!*

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| **Suggested Prayer Points**  ***These are just suggestions. As you spend time with God and inquire of Him how to address your prayers this month, feel free to direct your points as the Holy Spirit leads, and to use scriptures of your choosing.*** |
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| **Prayer Point: Pray for healing for those who are sick, physically or emotionally, and ask God to restore them completely in their body, mind, and spirit.** *Scriptures:* **James 5:14-15 (NKJV)** – *"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. And the prayer of faith will save the sick, and the Lord will raise him up."*  **Exodus 15:26 (NKJV) – *"****He said, 'If you listen carefully to the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'****"*** |
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| **Prayer Point: Pray for peace over troubled minds and healing from emotional wounds. We prayin fiath that God would give a sound mind and to break every chain of anxiety, fear, and depression.**  *Scriptures:* **2 Timothy 1:7 (NKJV) –** *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*  **Philippians 4:7 (NKJV) – *"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*** |
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| **Prayer Point: We have all experienced areas or seasons of weakness.**  **Pray for strength and empowerment to overcome the weakness. On behalf of ourselves and others we declare that that the Holy Spirit will renew physical and spiritual strength so that we can live victoriously.**  **Scriptures:** Isaiah 40:29 (NKJV) – *"He gives power to the weak, and to those who have no might He increases strength."*  2 Corinthians 12:9 (NKJV) – *"But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."* |
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| **Prayer Point: Pray for the healing of broken relationships. Let us ask God to restore unity, peace, and love, and for the strength to forgive as He forgives.**  **Scriptures: Colossians 3:13 (NKJV) –** *"Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do."*  **Matthew 5:9 (NKJV) –** *"Blessed are the peacemakers, for they will be called children of God."* |
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| **Prayer Point: Pray for spiritual restoration and health. Ask God to refresh and renew our souls, and help us grow deeper in your relationship with Him.**  **Scriptures: Psalm 23:3 (NKJV) –** *"He restores my soul; He leads me in the paths of righteousness for His name's sake."*  **Romans 12:2 (NKJV) –** *"Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."* |
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| **Prayer Point: Pray for divine protection over our health. Declare that no weapon formed against us shall prosper, and that God will keep us safe from all harm and disease.**  **Scriptures: Psalm 91:10 (NKJV) –** *No evil shall befall you, nor shall any plague come near your dwelling.*  **Isaiah 54:17 (NKJV) –** *No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me, says the Lord.* |
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| **Prayer Point: Pray for God's provision of resources for healing. Trust that God will provide everything necessary, whether through medical help or divine intervention, to bring complete healing and wholeness.**  **Scriptures: Philippians 4:19 (NKJV) –** *"And my God shall supply all your need according to His riches in glory by Christ Jesus."*  **2 Corinthians 9:8 (NKJV) – *"And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.*** |
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| **Prayer Point: Pray for the healing and wholeness of our communities. Ask God to bring peace, health, and restoration to our neighbors who are suffering physically, emotionally, and spiritually.**  *Scriptures:* **Jeremiah 33:6 (NKJV) –** *Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth.*  **3 John 1:2 (NKJV) –** *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers****.*** |
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| *Several factors contribute to poor health outcomes in the United States. Here are three key contributors*: Poor Diet and Nutrition, Sedentary Lifestyle, Healthcare Access and Affordability.  The next 3 points address these concerns in prayer.  **Prayer Point: Pray for the reversal of poor diet and nutrition habits that contribute to widespread health issues such as obesity, heart disease, and diabetes. Ask God to provide access to healthy, affordable food for all.  Let’s continue to pray that individuals make better dietary choices.**  **Scriptures: 1 Corinthians 6:19-20 (NKJV) –** *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.*  **Proverbs 25:27 (NKJV) –** *It is not good to eat much honey; so to seek one's own glory is not glory.* |
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| *Another contributing factors that influence overall health in the U.S is a sedentary lifestyle.*  **Prayer Point: Pray for a shift away from sedentary lifestyles that contribute to chronic diseases such as hypertension, obesity, and cardiovascular problems. Ask God to encourage physical activity and healthy movement in everyday lives and work environments.**  **Scriptures: 1 Corinthians 9:24-27 (NKJV) –** *Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.*  **3 John 1:2 (NKJV) –** *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.* |
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| *Another contributing factors that influence overall health in the U.S. is our Healthcare system and affordability for all individuals.*  **Prayer Point: Pray for improved access to healthcare and affordability for all individuals, so that everyone may receive the necessary medical care without barriers. Ask God to remove obstacles such as high costs, insurance issues, and lack of coverage that prevent timely diagnosis and treatment.**  **Scriptures: Matthew 9:35 (NKJV) –** *Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people.*  **Isaiah 58:6-7 (NKJV) –** *Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out?* |
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| **Prayer Point:** **Pray that our souls will be continually reminded that Christ’s triumph gives us a living hope that sustains us through life’s struggles.** Ask God to strengthen our faith and fill us with the hope of His resurrection, knowing that no matter the challenges we face, His victory gives us the power to endure and overcome.  *Scriptures:*  **Peter 1:3** – *Blessed be the God and Father of our Lord Jesus Christ! According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.*  **Romans 15:13** – *May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.* |
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| **Prayer Point: Pray that we would prioritize maintaining our health with the same urgency and faith that we show when seeking healing in times of sickness. Ask God to give us wisdom and discipline to make choices that honor our bodies—His temples—recognizing that prevention is just as vital as restoration. May we be good stewards of our physical well-being, walking in wholeness and strength for the work He has called us to do.**  **Scriptures: 1 Corinthians 9:27 (NKJV) –** *But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*  **3 John 1:2 (NKJV) –** *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.* |
| **Prayer Point: Pray for those who have the gift of healing but are unaware of it or afraid to step into their calling. Let us ask God to reveal this gift to them and give those individuals the courage and faith to walk in it boldly, bringing healing to those in need.**  **Scriptures: 1 Corinthians 12:9 (NKJV) –** *To another faith by the same Spirit, to another gifts of healings by the same Spirit.*  **2 Timothy 1:7 (NKJV) –** *"For God has not given us a spirit of fear, but of power and of love and of a sound mind.* |
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| **Prayer Point:**  **Pray that we, as children of God, would fully receive and walk in the healing that is our covenant right through Jesus Christ. Ask the Lord to strengthen our faith, so we approach Him boldly—believing that healing is not just possible, but promised to those who belong to Him.**  **Matthew 15:28 (NKJV)**  *“Then Jesus answered and said to her, ‘O woman, great is your faith! Let it be to you as you desire.’ And her daughter was healed from that very hour.”*  ***Isaiah 53:5 (NKJV)***  *“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.* |
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| ***Here are five powerful declarations regarding health, healing, and life, each supported by a scripture:***   1. **Declaration of Divine Healing "I decree that by the stripes of Jesus, I am healed, and every infirmity must bow to His healing power." *Scripture: Isaiah 53:5* – "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."** 2. **Declaration of Long Life and Strength "I declare that I shall live and not die, and I will declare the works of the Lord. I walk in divine health and strength every day." *Scripture: Psalm 118:17* – "I will not die but live, and will proclaim what the Lord has done."** 3. **Declaration of Restoration and Wholeness "I decree that God restores my health, and He makes me whole again in body, mind, and spirit." *Scripture: Jeremiah 30:17* – "But I will restore you to health and heal your wounds,’ declares the Lord."** 4. **Declaration of Divine Protection and Health "I declare that no weapon formed against my health shall prosper, and every sickness that tries to attack my body is cast out in Jesus' name." *Scripture: Isaiah 54:17* – "No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord."** 5. **Declaration of Abundant Life "I decree that I walk in the fullness of life, enjoying vitality, peace, and the joy of the Lord in my body and soul." *Scripture: John 10:10* – "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."**   **These declarations align with God's promises of health, healing, and abundant life, empowering you to speak life over yourself and others.**  ***God has not given us a spirit of fear, but of power and of love and a sound mind."*** |