



# 30 Day Healing Devotionals



BIBLICAL DIABETES SOLUTION





# Introduction

Welcome to the 30 Day Healing Devotionals. For the next 30 days, experience the healing power of the Lord and encouragement which comes from His Word and the Holy Spirit. For each day over the next 30 days you will select one page, read it, pray over it, and perform any of the daily tasks listed in the devotional.

These scriptures are all on the topic of healing and are meant to build your faith and encourage you on your journey to complete and total healing. God has given us so much scripture to reflect on regarding healing and good health and we want you to experience the promises in the Bible.

When reading your devotional for the day, set aside at least 10 minutes. Have zero distractions. Turn off your phone, computer, and find a quiet space in your home and open up your daily devotional. Have a Bible and journal next to you so you can write down your thought and revelations the Lord gives you. You can also print off each page and write down what God is showing you on each day. Include personal prayer during this quiet time and even listen to some worship music.

Don't rush this time. Instead, use it to grow closer to God and hear all He wants to tell you about being healed and experiencing His love and power. We pray that you are blessed from these devotionals and have a first hand experience with God every single day. God bless!

In faith,

Joe & Eva LoGalbo (your faith-based wellness coaches)



*“He said, ‘If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer.’” - Exodus 15:26*

In this scripture, God promised that if His people obeyed Him, they would not suffer from the diseases which would soon plague the Egyptians. At the time, the Israelites (God’s people), did not know that the reason these laws were set in place by God were to designed to keep them free from sickness. You see, the laws in scripture are not meant to enslave us, but to empower us to healthy lives and satisfied spirits.

For example, following God’s law against prostitution would keep those who followed, free from venereal disease. When God tells us in scripture to avoid gluttony, He is telling us so we do not become sick and riddled with disease which comes from over-eating. God’s laws are designed to keep us from harm.

If we want God to care for us, we need to submit to His direction for the way we live our lives. Be encouraged today that God has mapped out a healthy lifestyle for His followers in the Bible. Look to the Bible as your #1 source of information to enjoy a long and healthy life.

Notes/Reflection:



*“Worship the LORD your God, and His blessing will be on your food and water. I will take away sickness from among you.” - Exodus 23:25*

As Christians, we are called to live lives that serve one God. We should demonstrate that obeying God takes priority over conforming to our neighbor's way of living, our city, or even our Nation. When this scripture was written, the surrounding communities of the Israelites were worshipping other Gods. And God was warning them, not to follow the ways of others, but to follow the Truth. Follow Him.

That same commitment is for you today. Although increasingly difficult as it seems the world is going in a different direction by the decade, we must follow God's way and His Word. And not give-into the changes taking place around us.

As we mentioned in the Day 1 Healing Devotional, He gives us the Bible to live according to so that we may have healthy, satisfying lives that glory Him and fulfill us and our families. Be encouraged today that God has great healing for you! And to begin that healing journey, you simply must follow His ways.

Notes/Reflection:



*“If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.” - 2 Chronicles 7:14*

In 2 Chronicles, Chapter 6, just before this chapter, Solomon asked God to provide for the people even though they had sinned. Which, let's face it, we are all sinners. And thankfully we have Jesus Christ who came and died for our sins that we may be considered righteous before God.

God answered Solomon and gave Him four conditions to lead His people to provision and healing of their land. (1) Humbled yourself and admit your sins. Confess that you “messed up” - we all do. (2) Pray to God and ask for forgiveness. (3) Seek God continually. (4) Turn from sin. True repentance from sin is not lip service - it is changed behavior.

Whether we sin as an individual or as a group or family, these steps lead to forgiveness. Do not let sin keep you from coming before God and asking Him for your healing. Through Jesus, we can pray to God and commune with Him without fear. Do not let the fear of wrong-doing keep you from asking Him for your healing.

Notes/Reflection:



*“Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony.” - Psalm 6:2*

This verse was a plea from King David who was experiencing punishment at the time. He was begging the Lord to discipline him, not in anger, but with mercy as well. Going back to the Bible Verse from yesterday’s Healing Devotional, it’s important to bring our sins before the Lord and ask for His grace and mercy.

And thankfully, those who have accepted Christ as their Savior have the ability to do so (at that time of King David, Jesus had not come to die for the sins of the world). What David realized was his health and his healing was dependent on God’s power, not his own.

So when you come before God, asking for healing, know He is the only One who can provide perfect healing to you.

Notes/Reflection:



*“The LORD will sustain him upon his sickbed; In his illness, You restore him to health.” - Psalm 41:3*

This is another scripture from King David calling on the Lord to bring healing to his body. It's a prayer when you are feeling sick and even if you feel abandoned or alone in your sickness. God will restore you. Spiritually, emotionally, physically. He fully heals. Not just half way.

It's also important to declare today's scripture over your body. In faith, speak out loud that the Lord is going to bring healing to your body. Pray this scripture over yourself or a loved one throughout the day or when you feel yourself losing hope or down in spirit.

Declare the truth of God's word over your body today.

Notes/Reflection:



*“Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things, so that your youth is renewed like the eagle’s.”*

- Psalm 103:1-5

David’s praise in this scripture was focused on the good things God was doing in his life. Do you take the time to thank God for the good work He is doing in your life? Or do you only focus on the hardships? It’s easy to complain about life, but David listed plenty to give thanks to God for.

He forgives your sins, heals you from illness, redeems your life, lavishes you with love, and satisfies your desires. All of this you receive without even deserving it. God is simply willing to give it to you.

No matter how difficult the journey of life may be at times, God is always there to bless you and carry you through the good and the challenging seasons of life. Declare His goodness over your life today and find joy in His healing!

Notes/Reflection:



*“My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.”*

- Proverbs 4:20-22

God’s word is where our strength comes from. He calls us to pay attention to what the Bible says and to not let them escape from us. Because when we believe in His word and follow His word, this leads to healing of our flesh.

The healing of our flesh can be both physical and spiritual. Spiritual in that often our “flesh” refers to our earthy, sinful nature. When we obey and follow God’s word, we can believe for healing from our old, sinful desires, as well as physical healing from anything which may be taking from our good health.

We encourage you to spend a little extra time in God’s word today. Write down a few scriptures you can begin memorizing about God’s goodness and healing. Keep this scriptures close, just as God has said and refer to them often so you can experience His wonderful healing both inside and out.

Notes/Reflection:



*“A joyful heart is good medicine, but a crushed spirit dries up the bones.”*

- Proverbs 17:22

Have you ever examined the condition of your heart for the day? Is your heart acting like medicine to yourself and those around you? Are you cheerful, hopeful, and have a positive and faith-filled outlook on your health and life? Or are you always frustrated, upset, and speaking negatively over your own body and among other people?

Your joyfulness has the ability to work as good medicine. For today, regardless of your health and circumstances, be joyful and happy. Be hopeful in the work God is doing in healing your body and your pursuit toward knowing Him more. There's no better day to make a shift in your attitude than today, right now.

Pray for joy and happiness and a positive outlook on your current situation and God will give you that joy.

Notes/Reflection:



*“For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up.”*

- Ecclesiastes 3:1-3

Solomon wrote this to encourage himself and those who read the scripture that God has a plan for all people. He provides cycles of life. And in each of those cycles, God has work for us to do.

Although problems do come up, even problems that seem to contradict God’s plan, these should not be struggles that keep us from believing in Him. Instead, you have the opportunity to discover that without God, life’s problems have no lasting solutions.

Examine this morning what season of life you’re in and how you can use it to glorify God in your current situation.

Notes/Reflection:



*“And the Lord will strike Egypt, striking and healing, and they will return to the Lord, and he will listen to their pleas for mercy and heal them.”*

- Isaiah 19:22

Sometimes our hardships were allowed into our lives for the purpose of drawing us closer to God. During this scripture written by the prophet Isaiah, Egypt was worshipping other gods. However, the Lord followed through with His promise to strike and to heal. Meaning, He allowed harm to come upon those living in Egypt and then after returning to the One True God, He healed them.

Where are you with your relationship with God? Do you feel like you've fallen away and decided to follow other gods (money, sin, substance abuse, etc)? Illness may be a way for you to return back to your Healer.

We encourage you, if you have ignored God, He wants to heal you, He wants to be in a relationship and friendship with you, so pursue Him today and everyday spending time reading the Bible and in prayer.

Notes/Reflection:



*“Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live!”*

- Isaiah 38:16

If you have children or grandchildren then you know we do not discipline our kids for our enjoyment or pleasure. No! We discipline our children because we know what is best for them, helping them live a long, healthy, and fulfilling life. God’s ways are the same for His children, us!

Sometimes we experience hardship as a way of God’s discipline to direct us back to the right path that will lead to life and health. And we can trust God to restore our health so that we may live!

Be encouraged today and be aware of the areas God is working in your life. If you are in a season of discipline, then recognize what may be the reason for discipline and turn from those ways and follow God wholeheartedly.

Notes/Reflection:



*“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.”*

- Isaiah 53:5

This passage in the Old Testament is speaking about the later occurrences that would happen far later in the New Testament. Isn't it amazing how even the Old Testament scripture can talk about the crucifixion of Jesus Christ despite Him not being on earth. If you look closely at the Bible, the entire Word connects together.

This scripture is talking about our spiritual healing. Through the death and resurrection of Jesus Christ we can experience eternal life. We can be cleansed of our sins, healed of our iniquities, and rejoice in the free gift of living life with Him in heaven.

If you haven't read about the crucifixion of Jesus and His resurrection, read Matthew 27:15 - Matthew 28:20.

Notes/Reflection:



*“I have seen what they do, but I will heal them anyway! I will lead them. I will comfort those who mourn, bringing words of praise to their lips. May they have abundant peace, both near and far,” says the Lord, who heals them.”*

- Isaiah 57: 18-19

It’s comforting to know that we do not have to be perfect beings to experience the healing power of God. In this scripture God says that although He sees what the people are doing, He is going to heal them anyway. And not just heal them, but lead their lives, comfort those who are mourning, and bring joyful praise to the people’s lips.

The Lord also says He will provide abundant peace to those near and far. Peace, above all things, is one of the greatest gifts we can have. Because no matter what may take place in life, when you have peace, you feel like you are able to endure any hardship and struggle.

Take time this morning to pray and ask God to provide you comfort, joy, peace, and healing today.

Notes/Reflection:



*“Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.”*

-Jeremiah 17:14

Know that the Lord is your ultimate healer. And He is also your Savior. This scripture speaks of Jeremiah proclaiming this to God. His faith was not in others. And was clearly not himself. Instead, Jeremiah looked to God for all things. What are the things in your life you can give to the Lord today and ask him for?

Spend the next 10 minutes in a time of prayer and ask God for the things you need and watch as He provides.

Notes/Reflection:



*“And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.”*

- Matthew 4:23

This scripture was during the time when Jesus first began his ministry on earth. Notice how scripture says that Jesus healed every disease and every affliction among the people. Scripture does say he picked and chose who He wanted to heal. This is great news for us!

Jesus wants to heal every sickness and disease. If we were to stand before Him today, He would touch us and heal us entirely. Do you want that healing today?

Approach Jesus in prayer. Even visualize Him standing in front of you and ask Him for your healing. Spend time today building your faith, reading through the book of Matthew and seeing all of the healing miracles Jesus performed in scripture. He wants you to ask Him. Come before Him in faith and boldness.

Notes/Reflection:



*“And He called to Him His twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction.”*

- Matthew 10:1

Are you a part of church? This scripture tells us that Jesus empowered His 12 disciples with the authority to cast out evil spirits and heal every person from disease and affliction. Take today, and ask other Christians to pray for you.

We have been given the Holy Spirit. And the power of the Holy Spirit allows us to perform miracles, just as Jesus and the 12 disciples did with their time on earth. Allow other Christians to pray for you. Jesus may very well work a miracle in your life, through the prayers of others, just like He did when He empowered His 12 disciples with the gift of healing.

Your action item for today, text or call at least two people and ask them to join you in prayer for your healing.

Notes/Reflection:



*“Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.”*

- Matthew 10:8

When you do receive your healing, it is then your responsibility to freely give this healing to others. You see, your healing is not just for you, but a testimony for other men and women to be encouraged by your testimony and even receive prayer for healing from you.

Share your journey, your faith, and what the Lord has done in giving you victory over your health. It is then you will fulfill this exciting command to give to others what the Lord has been given to you.

In fact, if you have not yet received your healing, write down 1-2 other people who need physical healing as well. Pray for them as you are praying for yourself. Give your time and put your faith into their situation as you wait upon your healing.

Notes/Reflection:



*“He [Jesus] said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”*

- Mark 5:34

Where is your faith this morning? Do you believe that Jesus can heal you completely? He can. And He has given us the entire Bible to build our faith that He is exactly who He says He is, Healer. Not only is the Bible filled with healing testimonies, there are countless other stories of miraculous health turn-arounds from Christians (and non-Christians) who have prayed or had someone pray for them and received instant healing.

It takes a measure of faith. Even the tiniest measure. Your prayers show you have faith that you will be healed. Continue praying, continue to live a healthy lifestyle, doing away with old habits, and keep putting the Lord first and He will take care of your situation.

Notes/Reflection:



*“And Peter said to him, ‘Aeneas, Jesus Christ heals you; rise and make your bed.’ And immediately he rose.”*

- Acts 9:34

Aeneas had been paralyzed and bed ridden for eight years. Can you imagine spending eight years of your life unable to move. And it would have been longer if Peter had not crossed paths with Aeneas. However, God wanted Aeneas to be healed and He used Peter to do so.

God can heal you no matter what situation you are in. Scripture even shows Jesus raising people from the dead. If He can do that, He can certainly intervene in your current circumstance.

Notes/Reflection:



*“Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength.”*

- 1 Corinthians 15:43

It's comforting to know that as followers of Jesus Christ we can know that the day when our physical bodies are buried, our spirits will be raised to life and we will live in a perfect body in heaven. There will be no more sickness, no more pain, no more exhaustion.

Instead, we get to look forward to abundant health, energy, and no worry of illness or hurt. But our bodies in heaven will be stronger than ever before.

Notes/Reflection:



*“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 one who is sick, and the Lord will raise him up.”*

- James 5:14-15

Are you allowing others to pray for you about your need for healing? God doesn't call you to take this journey on your own. Instead, bring your prayer request to elders at your church and ask for them to pray for you.

Although it may be uncomfortable for you to ask. The Bible tells us to ask the elders of the church to pray over us when sick. If the Bible says to do this, then we should listen.

Today, if you have not spoken to the elders of the church about your needs, be sure to bring it to their attention today and ask for prayer.

Notes/Reflection:



*“Therefore, confess your sins to one another and pray for one another, that you may be healed. The effectual fervent prayer of a righteous man availeth much.”*

-James 5:16

Notice how this scripture mentions fervent prayer. Are you fervently praying and believing for your healing? Fervent prayer is when you approach God often about your needs. Daily, sometimes multiple times per day with passion and expectation of the Lord’s healing.

Praying once per week for your healing, or only when you are in a church building on Sunday morning is not fervent prayer. God has given us the ability to connect with Him often, not just on Sunday.

Pray several times throughout the day with passion and pursue Him and His perfect will for your life.

Notes/Reflection:



*“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”*

- 3 John 1:2

Notice how this scripture talks about your soul being of great health and your physical health following. Your soul is referring to your mind. This is why it is essential for you to think positively and have good thoughts.

Do not think you'll not be healed. Do not have fearful and worrisome thoughts. Instead, prosper in your mind and your physical health will follow.

For the next 10 minutes, spend the time thinking of what life will be like without this disease. What will you do? How will you feel? Imagine yourself throwing out your medications. Eating the foods you never thought you'd eat again. Do this often and prosper in your mind so you can prosper in your health.

Notes/Reflection:



*“If you can’t?” said Jesus. “Everything is possible for one who believes.”*

- Mark 9:23

Do you believe anything is possible? Surely, it is. Jesus Christ himself says that anything is possible for the person who believes.

If you believe you can be healed then be encouraged! Because you can experience the healing promised by Jesus.

Do not say it will never happen. Or some people can be healed but not me...

Believe that you can be 100% healthy and allow the Lord to work His miraculous healing power through you.

Notes/Reflection:



*“But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves.”*

- Malachi 4:2

In this scripture, Malachi is proclaiming those who revere the name of the Lord will experience healing. And will have the energy and health to frolic like well-fed calves. Are you honoring the Name of the Lord and putting your faith and trust in Him?

Spend your time this morning listening to worship music and praying to the Lord. He is your ultimate Healer. Revere Him as your healer and as the Lord of your life. It will be the most refreshing and encouraging time of your day and you will feel transformed inside and out.

Notes/Reflection:



*“Go back and tell Hezekiah, the ruler of my people, ‘This is what the Lord, the God of your father David, says: I have heard your prayer and seen your tears; I will heal you. On the third day from now you will go up to the temple of the Lord.’”*  
- 2 Kings 20:5

Do you feel like you’ve been praying for a long time regarding your health or the health of another friend or family member? Have you cried tears over your current situation or the situation of another? Whether you’ve experienced healing already or not, know that God hears your prayer and He has seen your tears. Take comfort that your words are not being dismissed by God.

Believe this verse for your own life or for a friend or family member. Even declare it over your body. “He has heard my prayer and seen my tears; and the Lord will heal me.”

Take this verse today and personalize it for yourself or for another.

Notes/Reflection:



*“Hearing this, Jesus said to Jairus, “Don’t be afraid; just believe, and she will be healed.”*

- Luke 8:50

If Jesus is telling us to not be afraid and to just believe and receive our healing then shouldn't we? Absolutely! Yes, it can be difficult. Because for some reason our flesh is more prone to fear and worry than to have faith. Today, receive God's Word to trust Him and believe instead of have fear.

Spend today praying for strength and for courage. Pray against fear, doubt, and worry. And ask the Lord to renew your faith and trust in His healing power. You can also spend this time journaling about what God is doing in your life and His ability to heal you.

Notes/Reflection:



*“Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”*

- Mark 10:27

Has a doctor ever given you a diagnosis that you thought you'd have to live with for the rest of your life? You see, with man, you may be prescribed drugs or given a diagnosis for surgery, or maybe no solution at all. You may be told you have to suffer for the rest of your life because doctors say there is “no cure”. Sure they would, because a man who does not believe in God believes there are things which are impossible.

However as a man or woman of faith, you can find hope in the promise from Jesus that with God, all things are possible. So be encouraged today that no matter a previous diagnosis or current situation, you can claim your healing and have enjoy great health for the rest of your life.

Notes/Reflection:



*“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”*

- Psalm 139:13-14

Since the day you were conceived, God has known you. He has formed you in your mother’s womb, before you were even born. Scripture also tells us that God knows every hair on our head. How amazing is it that our God knows every little detail of our health and body. He formed us! So we can trust that He has made us fearfully and wonderfully.

Thank God today for how He created you. Be thankful that He formed every cell of your body perfectly in the way He wanted you. Celebrate who He created you to be. For He has made you with a specific purpose and plan to live out during your time on this earth.

Notes/Reflection:



*“For no word from God will ever fail.”*

- Luke 1:37

There’s no better way to end the 30 day healing devotionals than with this word from the Lord. No word from God will ever fail. That’s right.

You can believe the Lord for every scripture you have read over the last 30 days and know that our God is not one who fails but who brings us an abundant and fulfilling life on this earth and in heaven to come.

Today, go through each of the Bible verses in this manual and declare every word of the Lord over your life and know that His word will not let you down but will instead empower you to live.

Notes/Reflection:



# God Bless!

If you have experienced your healing within these past 30 days, go out and share your testimony with other! Let them know how Jesus healed you. And encourage others who are sick about the work the Lord did in your own life.

If you are still believing for your healing, continue praying, worshipping, journaling, and trusting God to complete this mighty work in you. We've seen healing in minutes and healing over the course of decades. God's timing can be different for everyone. However, it's during this time the Lord is simply drawing you close to Him and building your testimony.

Even on your healing journey, be sure to encourage others who may be experiencing the same struggles as you. Pray and have a compassionate heart toward others who are sick. And bring others along to continue praying for you. Do not give up! Because at any time, if you give-up not, you can enjoy the promises of God on your life and health.

If you would like us to pray for you, please contact myself and my wife Eva at joe [at] spartanbuddy.com and we would be honored to come alongside of you, encourage and pray for you, a friend, or family member. God bless you!

In faith,

Joe & Eva LoGalbo (your faith-based wellness coaches)