



HEALING HEARTS RESTORING MINDS

“ ‘For I will restore health to you, And heal you of your wounds,’ says the LORD”
Jeremiah 30:17

Hope

Ask God to help you see yourself restored in mind, body and spirit.

Encouragement

Surround yourself with positive people who uplift you.

Attitude

Dispel negative thoughts by repeating bible promises daily.

Laughter

Enjoy activities that bring humour into your life.

Intercession

Ask trusted individuals to partner with you in prayer.

Nurture

Look after your physical, emotional, spiritual and social needs.

God

Connect with God the Master healer.

May the healer of hearts and restorer of mind - Our loving Lord; grant you healing for yesterday, strength for today and hope for tomorrow

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