

...be ye transformed by the renewing of your mind...

Romans 12:2

21-DAY HEALING DEVOTIONAL

DONNA M. CALDWELL

*Bless the Lord, O my soul, and forget not all his benefits.
Who forgiveth all thine iniquities; who healeth all thy diseases.*

Psalms 103:2,3





BELIEVE AND FORGIVE
EVERY EVENING AND MORNING

STEP #1: Enter your secret closet. Be still. Focus.

Psalm 4:4b "...commune with your own heart upon your bed and be still."

STEP #2: Bring every thought into captivity.

2 Corinthians 10:5b "...and bringing into captivity every thought to the obedience of Christ.

FRANKINCENSE ESSENTIAL OIL [4-7-8 Breathing Technique; 3 times]

Inhale through your nose for 4 seconds. Hold for 7 seconds.

Exhale through your mouth for 8 seconds.

STEP #3: Prayer...

Lord God, according to your word, I ask for complete healing of my body.





BELIEVE AND FORGIVE
EVERY EVENING AND MORNING

STEP #4: Say aloud the following scriptures...

Philippians 4:6

Be careful (anxious) for nothing; but in everything by prayer and supplication with thanksgiving, let your requests be made known unto God.

Ephesians 3:20

Now unto him that is able to do exceeding, abundantly above all that we ask or think, according to the power that worketh in us

Mark 9:23

Jesus said unto him, If thou canst believe, all things are possible to him that believeth.

Mark 5:36

As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe.

Lord help me to believe with my whole heart.



FRANKINCENSE ESSENTIAL OIL [4-7-8 Breathing Technique; 3 times]

Inhale through your nose for 4 seconds. Hold for 7 seconds.

Exhale through your mouth for 8 seconds.



BELIEVE AND FORGIVE
EVERY EVENING AND MORNING

Step #5: Imagine yourself completely healed.



CLOSE YOUR EYES AND TAKE A FEW
MOMENTS TO REALLY THINK ABOUT
WHAT IT WOULD LOOK AND FEEL LIKE
TO BE HEALED AND FREE.

Mark 11:24

Therefore, I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Step #6: HEALING BLOCKERS

Unforgiveness, Resentment, Grief, Guilt, Fear

Matthew 6:14-15

[14] For if ye forgive men their trespasses, your heavenly Father will also forgive you: [15] But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

Luke 5:20-23

[20] And when he saw their faith, he said unto him, Man, thy sins are forgiven thee. [21] And the scribes and the Pharisees began to reason, saying, Who is this which speaketh blasphemies? Who can forgive sins, but God alone? [22] But when Jesus perceived their thoughts, he answering said unto them, What reason ye in your hearts? [23] Whether is easier, to say, Thy sins be forgiven thee; or to say, Rise up and walk?



BELIEVE AND FORGIVE
EVERY EVENING AND MORNING

FORGIVENESS EXERCISE

FRANKINCENSE ESSENTIAL OIL [4-7-8 Breathing Technique; 3 times]

Inhale through your nose for 4 seconds. Hold for 7 seconds.

Exhale through your mouth for 8 seconds.

1. Identify the people in your life that you have not forgiven.
2. Ask God to show you the people you may have forgotten.
3. Repeat for each person: I forgive you for hurting me.
4. Pray for each person individually, that God would bless them.
5. RELEASE THEM FROM BLAME.
6. Repeat: I forgive MYSELF for all the things I have done that has negatively affected me others, and my relationship with God.
7. Repeat: Lord forgive me for all of my sins and every wrong thought.
8. Repeat: Thank you for helping me to forgive others and for forgiving me.

Step #7: Your Declaration Sword



- **Declaration Sword:** I can do this... every step to support my body's natural healing process.
- **Philippians 4:13** I can do all things through Christ which strengthens me.

FRANKINCENSE ESSENTIAL OIL [4-7-8 Breathing Technique; 3 times]

Inhale through your nose for 4 seconds. Hold for 7 seconds.

Exhale through your mouth for 8 seconds.

