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This 90-day Bible reading plan from Rapha Restored Biblical Wellness is designed to help us all find healing and restoration through the Word of God. Each day includes a passage for reflection and a key theme for your personal prayer focus. The plan is divided into **three 30-day segments** to address mental, emotional, and spiritual healing.

Days 1–30: Healing Mentally

These passages focus on renewing the mind, breaking free from anxiety, and cultivating God's peace.

1. **Romans 12:2:** For all who have sinned without the Law will also perish without the Law, and all who have sinned under the Law will be judged by the Law; - **Pray to renew your mind to the things of the Lord.**
2. **Philippians 4:6 - 7:** 6. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. – **Pray that the Lord will allow you to find peace through supplication and prayer.**
3. **2 Timothy 1:7:** For God has not given us a spirit of timidity, but of power and love and discipline. - **Pray that the Lord gives you the strength and discipline to overcome fear with His power and love.**
4. **Isaiah 26:3:** The steadfast of mind You will keep in perfect peace, Because he trusts in You. - **Pray for perfect peace and trust in God.**

5. **Matthew 6:25-34:** 25. "For this reason I say to you, do not be worried about your life, [as to] what you will eat or what you will drink; nor for your body, [as to] what you will put on. Is not life more than food, and the body more than clothing? 26. "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and [yet] your heavenly Father feeds them. Are you not worth much more than they? 27. "And who of you by being worried can add a [single] hour to his life? 28. "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30. "But if God so clothes the grass of the field, which is [alive] today and tomorrow is thrown into the furnace, [will He] not much more [clothe] you? You of little faith! 31. "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32. "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33. "But seek first His kingdom and His righteousness, and all these things will be added to you. 34. "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. - **Pray that you can completely let go of your worries and give them to the Lord.**
6. **Psalms 23:** 1. A Psalm of David. The LORD is my shepherd, I shall not want. 2. He makes me lie down in green pastures; He leads me beside quiet waters. 3. He restores my soul; He guides me in the paths of righteousness For His name's sake. 4. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. 5. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. 6. Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever. - **Pray for rest and renewal in God's presence.**
7. **1 Peter 5:7:** casting all your anxiety on Him, because He cares for you. - **Pray that you can cast your anxieties on the Lord and remember His care.**
8. **Isaiah 41:10:** Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand. - **Pray that you can feel God's reassurance and strength working for you.**
9. **Proverbs 3:5-6:** 5. Trust in the LORD with all your heart And do not lean on your own understanding. 6. In all your ways acknowledge Him, And He will make your paths straight. - **Pray for God's guidance in all areas of your life.**
10. **Colossians 3:2:** Set your mind on the things above, not on the things that are on earth. - **Pray that you can consistently set your mind on things above.**

11. **2 Corinthians 10:5:** [We are] destroying speculations and every lofty thing raised up against the knowledge of God, and [we are] taking every thought captive to the obedience of Christ, – **Pray that the Lord can help you to take your thoughts captive and be free from distractions that are contrary to the knowledge of God.**
12. **Psalm 119:105:** Your word is a lamp to my feet And a light to my path. – **Pray that you will keep God's Word as the light for your path.**
13. **Matthew 11:28-30:** 28. "Come to Me, all who are weary and heavy-laden, and I will give you rest. 29. "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. 30. "For My yoke is easy and My burden is light." – **Pray that you will finally find and accept rest for your soul from the Lord.**
14. **John 14:27:** "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. – **Pray that you will remember to fall into Jesus' peace in troubled times.**
15. **Lamentations 3:22-23:** 22. The LORD'S lovingkindnesses indeed never cease, For His compassions never fail. 23. [They] are new every morning; Great is Your faithfulness. – **Pray that you will find your renewed hope in God's mercies.**
16. **Psalm 34:17-19:** 17. [The righteous] cry, and the LORD hears And delivers them out of all their troubles. 18. The LORD is near to the brokenhearted And saves those who are crushed in spirit. 19. Many are the afflictions of the righteous, But the LORD delivers him out of them all. – **Pray that you will find God's nearness to yourself feeling brokenhearted.**
17. **Ephesians 4:22-24:** 22. that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23. and that you be renewed in the spirit of your mind, 24. and put on the new self, which in [the likeness of] God has been created in righteousness and holiness of the truth. – **Pray that you are putting on the new self every day.**
18. **Joshua 1:9:** "Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go." – **Pray that you find courage through God's presence.**
19. **Philippians 4:8:** Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. – **Pray that you will stay focused on what is true and pure.**

20. **Hebrews 4:12:** For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. – **Pray that the Word of God as a tool for transformation.**
21. **Psalm 46:10:** "Cease [striving] and know that I am God; I will be exalted among the nations, I will be exalted in the earth." – **Pray that you will have the will to still and know God is in control.**
22. **James 1:5:** But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.– **Pray for the patience and understanding to seek wisdom from God.**
23. **Psalm 91:1-15** 1. He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty. 2. I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!" 3. For it is He who delivers you from the snare of the trapper And from the deadly pestilence. 4. He will cover you with His pinions, And under His wings you may seek refuge; His faithfulness is a shield and bulwark. 5. You will not be afraid of the terror by night, Or of the arrow that flies by day; 6. Of the pestilence that stalks in darkness, Or of the destruction that lays waste at noon. 7. A thousand may fall at your side And ten thousand at your right hand, [But] it shall not approach you. 8. You will only look on with your eyes And see the recompense of the wicked. 9. For you have made the LORD, my refuge, [Even] the Most High, your dwelling place. 10. No evil will befall you, Nor will any plague come near your tent. 11. For He will give His angels charge concerning you, To guard you in all your ways. 12. They will bear you up in their hands, That you do not strike your foot against a stone. 13. You will tread upon the lion and cobra, The young lion and the serpent you will trample down. 14. "Because he has loved Me, therefore I will deliver him; I will set him [securely] on high, because he has known My name. 15. "He will call upon Me, and I will answer him; I will be with him in trouble; I will rescue him and honor him. 16. "With a long life I will satisfy him And let him see My salvation." – **Pray for God's protection and refuge.**
24. **1 John 4:4:** You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world. – **Pray for God's power over fear.**
25. **Psalm 139:13-14:** 13. For You formed my inward parts; You wove me in my mother's womb. 14. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well. – **Pray that you will recognize your worth in God's eyes.**

26. **Isaiah 40:31:** Yet those who wait for the LORD Will gain new strength; They will mount up [with] wings like eagles, They will run and not get tired, They will walk and not become weary. – **Pray that you will renew your strength by waiting on God.**
27. **Psalms 37:4-5:** 4. Delight yourself in the LORD; And He will give you the desires of your heart. 5. Commit your way to the LORD, Trust also in Him, and He will do it. – **Pray that you can completely trust God with your desires.**
28. **Jeremiah 29:11:** 'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope. – **Pray that God's plans for you will be the hope for your future.**
29. **Proverbs 4:23:** Watch over your heart with all diligence, For from it [flow] the springs of life. – **Pray that the Lord will guard your heart and mind.**
30. **Romans 8:6:** For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, – **Pray for your life and peace through a Spirit-led mind from the Lord.**

Days 31–60: Healing Emotionally

These scriptures emphasize processing grief, forgiving others, and embracing God's love.

31. **Psalms 34:18:** The LORD is near to the brokenhearted And saves those who are crushed in spirit. – **Pray for God's presence in the emotional pain we experience.**
32. **2 Corinthians 1:3-4:** Blessed [be] the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4. who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. **Pray knowing that God is the source of our comfort.**
33. **Matthew 5:4:** Blessed are those who mourn, for they shall be comforted. **Pray for God to bless those who are in our lives who are mourning.**
34. **Psalms 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.– **Pray for a strong hope in God during times of sadness.**
35. **Isaiah 61:1-3: 1.** The Spirit of the Lord GOD is upon me, Because the LORD has anointed me To bring good news to the afflicted; He has sent me to bind up the brokenhearted, To proclaim liberty to captives And freedom to prisoners; **2.** To proclaim the favorable year of the LORD And the day of vengeance of our God; To comfort all who mourn, **3.** To grant those who mourn [in] Zion, Giving them a garland

instead of ashes, The oil of gladness instead of mourning, The mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, The planting of the LORD, that He may be glorified. **This is one of my favorite scriptures, pray that the Lord Our God will grant you beauty for ashes.**

36. Psalm 103:2-5: 2. Bless the LORD, O my soul, And forget none of His benefits; 3. Who pardons all your iniquities, Who heals all your diseases; 4. Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; 5. Who satisfies your years with good things, [So that] your youth is renewed like the eagle. – **Pray that you remember God's healing benefits.**

37. Matthew 6:14-15: 14. "For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15. "But if you do not forgive others, then your Father will not forgive your transgressions. – **Pray that you can forgive as God forgives us.**

38. Ephesians 4:31-32: 31. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. – **Pray that God helps you to let go of bitterness.**

39. Luke 6:27-28: 27. "But I say to you who hear, love your enemies, do good to those who hate you, 28. bless those who curse you, and pray for those who mistreat you. **Pray that you can learn to love your enemies.**

40. Psalm 147:3: He heals the brokenhearted And binds up their wounds. – **Pray for God's healing for the brokenhearted.**

41. Colossians 3:13: bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.– **Pray that we can bear with and forgive one another.**

42. Psalm 30:5: For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, But a shout of joy [comes] in the morning. – **Pray that every day we can feel the joy of the Lord that comes in the morning.**

43. 1 Peter 2:24: and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. – **Pray that the wounds of Jesus bring healing to your soul.**

44. Romans 5:3-5: 3. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; 4. and perseverance, proven character; and proven character, hope; 5. and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. **Pray that you find purpose in suffering.**

45. **2 Corinthians 12:9-10:** 9. And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. 10. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong. – **Pray for God's power to be mighty in your weakness.**
46. **Psalms 56:8** You have taken account of my wanderings; Put my tears in Your bottle. Are [they] not in Your book? – **Pray for peace knowing that God knows and keeps track of your tears.**
47. **Isaiah 43:1-2:** 1. But now, thus says the LORD, your Creator, O Jacob, And He who formed you, O Israel, "Do not fear, for I have redeemed you; I have called you by name; you are Mine! 2. "When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you. – **Pray that you rest in God's presence through your trials.**
48. **John 11:25-26** – 25. Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies, 26. and everyone who lives and believes in Me will never die. Do you believe this?" **Give praise to Jesus as the resurrection and life.**
49. **1 Thessalonians 5:16-18:** 16. Rejoice always; 17. pray without ceasing; 18. in everything give thanks; for this is God's will for you in Christ Jesus. – **Pray today with rejoicing and gratitude in all of your circumstances.**
50. **Hebrews 13:5:** [Make sure that] your character is free from the love of money, being content with what you have; for He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," – **Pray that God's promises to never leave or forsake us.**
51. **Zephaniah 3:17:** The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing. – **Pray that you would feel God rejoicing over you with singing.**
52. **John 3:16:** For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. – **Pray that you would realize the depth of God's love for you.**
53. **Romans 8:38-39:** 38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, 39. Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. – **Pray that you are strengthened to resist the things that can separate you from God's love.**

54. **Psalm 46:1-2** – 1. For the choir director. [A Psalm] of the sons of Korah, set to Alamoth. A Song. God is our refuge and strength, A very present help in trouble. 2. Therefore we will not fear, though the earth should change And though the mountains slip into the heart of the sea; - **Pray that God stays your refuge and strength.**
55. **Philippians 1:6** – For I am] confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. – **Pray for God's promises to complete the work in you, that's needed to heal.**
56. **Romans 12:15** – Rejoice with those who rejoice, and weep with those who weep. – **Pray that you remember that you can rejoice and mourn with other believers for support.**
57. **James 5:16** – Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much. – **Pray that there is power in confession and prayer.**
58. **Psalm 62:8** – Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah. – Remember to pour out your heart to God.
59. **Galatians 5:22-23** – 22. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23. gentleness, self-control; against such things there is no law. **Pray that you can live a life bearing the fruit of the Spirit.**
60. **1 Corinthians 13:4-7** – 4. Love is patient, love is kind [and] is not jealous; love does not brag [and] is not arrogant, 5. does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong [suffered], 6. does not rejoice in unrighteousness, but rejoices with the truth; 7. bears all things, believes all things, hopes all things, endures all things. **Pray that God's love is the foundation of your emotional healing.**

Days 61–90: Healing Spiritually

These passages guide you to deepen your relationship with God, grow in faith, and walk in purpose.

61. **John 15:5** – "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. – **Pray that you will abide always in Christ as you walk with the Lord.**
62. **Matthew 4:4** – But He answered and said, "It is written, 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.'" – **Remember that living by every word from God is where you find healing.**

63. Hebrews 11:1 – Now faith is the assurance of [things] hoped for, the conviction of things not seen. – **Remember that faith is the foundation for spiritual healing.**

64. Psalm 1:1-3 – 1. How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! 2. But his delight is in the law of the LORD, And in His law he meditates day and night. 3. He will be like a tree [firmly] planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers. – **Pray that as you thrive through delighting in God's Word your healing will grow.**

65. John 10:10 – "The thief comes only to steal and kill and destroy; I came that they may have life, and have [it] abundantly. **Pray that you live an abundant life in Christ.**

66. Ephesians 2:8-9 – 8. For by grace you have been saved through faith; and that not of yourselves, [it is] the gift of God; 9. not as a result of works, so that no one may boast. **Remember that salvation is also a gift of grace.**

67. Galatians 2:20 – "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the [life] which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. **Pray that you will live daily by living by faith in Jesus Christ.**

68. Philippians 3:13-14 – 13. Brethren, I do not regard myself as having laid hold of [it] yet; but one thing [I do]: forgetting what [lies] behind and reaching forward to what [lies] ahead, 14. I press on toward the goal for the prize of the upward call of God in Christ Jesus. **Pray that you will have the strength and wisdom to press toward the goal in Jesus Christ.**

69. Psalm 19:7-8 – 7. The law of the LORD is perfect, restoring the soul; The testimony of the LORD is sure, making wise the simple. 8. The precepts of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes. **Remember that God's Word revives the soul.**

70. Matthew 28:19-20 – 19. "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, 20. teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age." **Remember that you too, can fulfilling the Great Commission with your life.**

71. 2 Corinthians 5:17 – Therefore if anyone is in Christ, [he is] a new creature; the old things passed away; behold, new things have come. **Remember that becoming a new creation in Christ is a process, give yourself grace.**

72. Acts 1:8 – but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth." **Pray for the power of the Holy Spirit to fill you.**

73. 1 Peter 1:13-16 – 13. Therefore, prepare your minds for action, keep sober [in spirit], fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ. 14. As obedient children, do not be conformed to the former lusts [which were yours] in your ignorance, 15. but like the Holy One who called you, be holy yourselves also in all [your] behavior; 16. because it is written, "YOU SHALL BE HOLY, FOR I AM HOLY." **Remember that you can live a holy life inspite of circumstances.**

74. Romans 8:1-2 – 1. Therefore there is now no condemnation for those who are in Christ Jesus. 2. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. **Remember that you have freedom in Christ.**

75. John 8:36 – "So if the Son makes you free, you will be free indeed. **Pray that you can walk in the only true freedom of Jesus Christ.**

76. Colossians 1:9-10 – 9. For this reason also, since the day we heard [of it], we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, 10. so that you will walk in a manner worthy of the Lord, to please [Him] in all respects, bearing fruit in every good work and increasing in the knowledge of God; **Pray that you will grow in the knowledge of God.**

77. Ephesians 3:16-19 – 16. that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17. so that Christ may dwell in your hearts through faith; [and] that you, being rooted and grounded in love, 18. may be able to comprehend with all the saints what is the breadth and length and height and depth, 19. and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. **Remember to be strengthened by God's love.**

78. Psalm 119:50 – 50. This is my comfort in my affliction, That Your word has revived me. **Remember that God's promises bring comfort.**

79. John 16:33 – "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." **Remember that Jesus has overcome the world and in Him, you can too.**

80. Isaiah 55:10-11 – 10. "For as the rain and the snow come down from heaven, And do not return there without watering the earth And making it bear and sprout, And

furnishing seed to the sower and bread to the eater; 11. So will My word be which goes forth from My mouth; It will not return to Me empty, Without accomplishing what I desire, And without succeeding [in the matter] for which I sent it. **Pray that the power of God's Word dwells within you.**

81. Romans 6:6-7 – 6. knowing this, that our old self was crucified with [Him], in order that our body of sin might be done away with, so that we would no longer be slaves to sin; 7. for he who has died is freed from sin. **Pray that you will experience the freedom from sin through Jesus Christ.**

82. Galatians 6:9 – Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. **Remember to not grow weary in doing good.**

83. 2 Timothy 4:7-8 – 7. I have fought the good fight, I have finished the course, I have kept the faith; 8. in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing. **Pray that you will Finish your race in faith that way that God wills you to.**

84. Revelation 21:4 – and He will wipe away every tear from their eyes; and there will no longer be [any] death; there will no longer be [any] mourning, or crying, or pain; the first things have passed away."God's promise of ultimate healing.

85. Hebrews 10:23 – Let us hold fast the confession of our hope without wavering, for He who promised is faithful; **Pray that you will hold onto hope in Christ.**

86. 1 John 1:9 – If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. **Remember God's faithfulness in forgiving sins.**

87. Micah 6:8 – He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God? **Remember to Walk humbly with God.**

88. James 4:7-8 – 7. Submit therefore to God. Resist the devil and he will flee from you. 8. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. **Pray that you will draw near to God daily.**

89. Psalm 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. **Remember that God is the ultimate provider and protector.**

90. 2 Corinthians 3:17 – Now the Lord is the Spirit, and where the Spirit of the Lord is, [there] is liberty. **Remember that there is freedom in the Spirit of the Lord.**

This 90-day journey through scripture offers an opportunity to find healing mentally, emotionally, and spiritually. As you read, reflect, and pray, invite the Holy Spirit to guide you. Remember that healing is a process, but God's Word is living and active, able to transform your heart and renew your mind.

“He sent out his word and healed them; he rescued them from the grave.” (Psalm 107:20)