

*Prayers*  
for  
Hope and  
Healing

SARAH FORGRAVE



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## PRAYERS FOR HOPE AND HEALING

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*For the Ultimate Physician—  
Healer, Sustainer, and Giver of Hope*



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## Hope in the Storm

I'll never forget the morning my life changed forever. My baby boy had decided to make an early arrival into the world, and as I scrambled to contact my workplace and organize the other pieces of my life, one thought pulsed through my mind.

*Life will never be the same again.*

I had no idea how true those words would be, but in a far different way than I could have imagined.

The birth of any firstborn throws a parent's life into a whirlwind, but my son's delivery left me with internal injuries my doctor couldn't repair. My symptoms were deeply personal, humiliating, and so rare that I couldn't find any friends who had heard of them, let alone experienced them.

As I transitioned home after the delivery, my maternity leave stretched into long-term disability. I spent a year and a half in doctors' offices, endured multiple colorectal surgeries, and watched others care for my son because

my procedures prevented me from lifting more than eight pounds. As a healthy, growing baby, my son had quickly surpassed that mark, so my husband took him to daycare on weekdays while I sat at home alone, dealing with the ugly realities of my condition and questioning if life was worth living.

I wasn't a complete stranger to the medical world—my sister had survived cancer and a bone marrow transplant when we were kids—but going through my own health crisis awakened me to the challenges, humiliation, and pain that come with a chronic condition.

By God's grace, I made it through that time fully healed, but my journey hasn't remained easy since then. I've had a Cesarean birth with complications and two partial hysterectomies, all while supporting my sister through a heart transplant and housing her in the month afterward.

If there's one thing I've learned, it's that nothing in life is guaranteed. Tomorrow may bring sickness, or it may bring healing. It may knock you down yet again, or it may reveal a sliver of hope. As I've faced illness and pain, I've doubted God's faithfulness, yelled at Him for not healing me, and felt utterly alone.

But through it all—even in the isolation, fear, and despair—I've sensed His presence. I've felt it in passages of Scripture discovered in doctors' waiting rooms, in faint

whispers of hope heard in the dark of night, in the hands and feet of friends offering their help.

Even when God feels far away, His love is real.

Whether you're facing illness, injury, or disability right now, I'm guessing you've picked up this book with the goal of finding solace and hope. Maybe your situation has left you so scarred that this is your last resort to numb the pain. As someone who's been there, I pray these pages will soothe your fears and minister to your spirit.

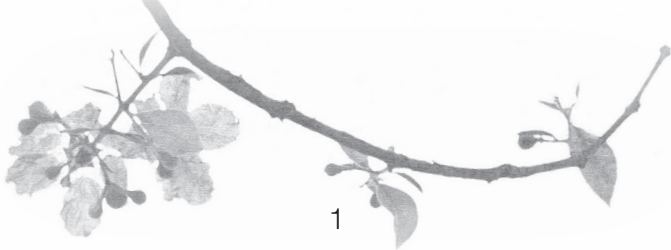
Using my own experiences and those of my sister, I've written *Prayers for Hope and Healing* as a manual for navigating emotions you may face. You're welcome to read it from front to back, or it can be used as a menu of sorts. When you face a particular situation, you can let the Contents page guide you to what you need.

As you read, remember this truth: *You are not alone.* God's love for you is everlasting, and He will see you through.

I pray this book blesses you in these challenging days.

*Sarah*





## When There's No End in Sight

For those facing a long-term health  
situation that feels endless.

*A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, "If I just touch his clothes, I will be healed"... At once Jesus realized that power had gone out from him. He turned around and asked, "Who touched my clothes?"*

MARK 5:24-28,30



**N**o end in sight. Does that describe how you feel right now? Whether you've been dealing with

your condition for one week or many years, you may feel like the road you're on will never end.

My friend, let this passage in the Bible lift your gaze beyond your current situation to a God who not only sees your pain, but *feels* it. This woman was out of money and out of hope. She'd visited countless doctors with no cure to show for it. Scripture doesn't specify how she approached Jesus—just that she came up behind Him—but I've often imagined her on her knees, squeezing between legs and feet, stretching until her arm ached to touch the edge of Jesus's cloak.

Immediately her touch was felt.

*Immediately.*

No matter how long the journey ahead of you, Jesus invites you to drop to your knees and reach out for Him. You might not receive physical healing like this woman did, but He'll provide what you need for today. He sees you and loves you.

Are you ready to come to Him?



*Dear Lord,*

I'll be honest. Stories in the Bible that tell of Your immediate healing frustrate me sometimes. Why would You choose to heal some who are sick, while others of us

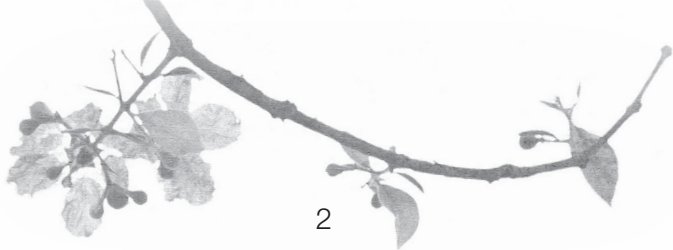
are left to deal with our conditions indefinitely? There are moments when I feel trapped in the middle of a dark tunnel. I try to take steps forward—to keep hope alive—but it seems as though I'll never see light again.

Even as my strength dwindles, will You renew my hope? Will You show me a ray of light to keep me going? I acknowledge that You have the power to heal, and I ask You to bring life to my body if it's in Your will. But if it's Your will to keep me on this road a while longer, help me to accept Your plan with grace and trust.

If there's something You want to develop within me, give me vision to see my weak spots and the humility to accept that I can't change on my own. Help me to come to You for all I need. As I wake up each day with no new healing, and frustration and despair wash over me yet again, remind me of Your faithfulness. Give me what I need to make it through each moment. I commit to seeking truth in Your Word and in prayer so I can be armed with all I need for this battle.

Thank You for not only seeing my condition but for feeling my pain. I reach out to You now for my comfort and strength.

*In Jesus's name, amen.*



## When You Can't Sleep

For those who need rest but find themselves lying awake.

*In peace I will lie down and sleep, for you alone, LORD,  
make me dwell in safety.*

PSALM 4:8



Almost nothing frustrates more than tossing and turning when you should be sleeping instead. Maybe you're lying awake because of strange hospital noises or beeping monitors. Maybe the effects of medication have made you wired, spiking your awareness of every sight, sound, and sensation in your body. Maybe worries are buzzing through your mind, launching a full-on attack against your ability to relax.

Whatever the cause, release your frustrations to the One who offers a safe landing pad. Imagine the thoughts



and distractions floating from your shoulders and resting on Almighty God, who never slumbers nor sleeps. He can handle each one.

Even in this environment where sleep eludes you and your troubles feel larger than life, remember He is always watching over you. He's here with you now, inviting you to come to Him. As you talk with Him, He'll cover you with His peace and bring the rest you need.

Will you come to Him now?



*Dear Lord,*

My body is so tired, but here I am, wide awake and talking to You. I wish I could change the circumstances keeping me awake—could take away the distractions and worries heightening my awareness—but I know it's not always possible.

Even as my frustration mounts, I thank You for this chance to spend extra time with You. My body may struggle to rest, but I know You offer a safe place of peace. Will You fill me with that peace now?

If I need to take any steps to remove distractions in my room, show me what those steps should be. If I need to release any worries to You, I offer them to You

with open hands. I recognize that worrying doesn't fix my problems; it only steals my strength for tomorrow. I need all the strength I can get, so I pass these concerns into Your hands and commit to resting in You.

Whether I'm able to sleep or not, I pray You would fill my mind and heart with "soul rest"—the kind that comes from knowing You are here. Not only are You watching over me, You're communing with me, inviting me into the safety of Your presence. As I allow the things of this world to slip from my awareness, I rest in You. I proclaim You the Lord of peace and the Lord of my life.

*In Jesus's name, amen.*