

# Day 11 — Faith for Healing

## Scripture:

*“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3*

## Devotional:

Healing is not a straight line. It doesn't follow a schedule. It doesn't always look the way you expect. Sometimes healing feels like progress; other times it feels like standing still. But God is a gentle Healer — patient, present, and deeply compassionate. He doesn't rush your process. He walks with you through it.

This verse reminds you that God sees the wounds no one else sees — the ones you hide behind strength, the ones you've learned to function with, the ones you've carried for years. He doesn't shame you for them. He doesn't tell you to “get over it.” He draws near. He binds up. He restores.

Healing often begins with honesty — admitting that something hurt you, acknowledging that something broke you, recognizing that something left a mark. God can heal what you're willing to bring to Him. Nothing is too small, too old, or too deep for His touch.

Sometimes healing looks like forgiveness.  
Sometimes it looks like release.  
Sometimes it looks like rest.  
Sometimes it looks like boundaries.  
Sometimes it looks like tears you didn't expect to cry.  
Sometimes it looks like strength you didn't know you had.

God heals layer by layer, moment by moment. He knows what your heart needs and when it needs it. You don't have to force healing. You don't have to pretend you're okay. You don't have to rush what God is doing in you.

Today, let God tend to the places that still ache. Let Him comfort you. Let Him restore you. Let Him remind you that healing is happening — even if it's slow, even if it's quiet, even if you can't see the full picture yet.

## Reflection:

What part of your heart still needs healing?  
What wound have you been trying to ignore or push through?  
What would it look like to let God into that place today?

Healing begins with permission.

## Guided Prayer:

*Lord, You see every wound in my heart. You know the things I've carried, the things that hurt me, and the things I've struggled to release. Heal me in the places I cannot heal myself. Bind up the broken pieces and restore what was lost. I trust You with my heart. Amen.*

## Daily Practice:

Write down one area where you need healing.  
Speak this aloud: *“God, I give You this place in my heart.”*