

The Healing Podcast – Episode 1 Worksheet

The Healing Heart of God

Reflection Questions

1. Where have I been trying to hide my brokenness instead of inviting God to heal it?

Write honestly. No one sees this but you and God.

2. What wounds have I left uncovered, vulnerable to the enemy's lies?

What pain have I ignored or believed I needed to fix on my own?

3. In what areas do I still need God's daily binding and protection?

Scripture Meditation

Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

Circle the word that speaks most deeply to you:

Heals ● Brokenhearted ● Binds ● Wounds

Why did you choose that word?

Application Steps

1. Name the Wound

Write one specific area you want God to heal:

2. Invite God to Bind It

Pray this simple prayer:

"Lord, protect this place in me. Wrap it in Your truth and love."

3. Receive Healing at Your Pace

What can you do this week to stay near to God?

4. Speak the Verse Aloud

Write and say Psalm 147:3 each day:

"He heals the brokenhearted and binds up their wounds."

Nightly Prayer

"Dear Heavenly Father,

Thank You for being the Healer of the brokenhearted. Thank You for seeing every hidden wound and silent cry.

Today I ask You to bind up the places still bleeding. Wrap them in Your protection. Heal them with Your mercy.

I trust that You will not leave me halfway whole—but that You will complete the good work You have begun.

In Jesus' name, Amen."

Gentle Night Activity

Before bed tonight, find a quiet place.

Whisper Psalm 147:3 three times.

Then ask God:

"Lord, what wound do You want to begin binding tonight?"

Write anything you sense, feel, or hear:

Remember: Healing isn't rushed. Some wounds take time. But every moment spent with the Healer matters.

Stay near. You are not alone.