



## Words of Encouragement Class 2: In Times of Sickness and Weakness

### Scripture Verses

- Exodus 15:2* – “The Lord is my strength and my might, and he has become my salvation; this is my God, and I will praise him, my father’s God, and I will exalt him.”
- Joshua 1:9* – “Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.”
- Psalms 31:24* – “Be strong, and let your heart take courage, all you who wait for the Lord.”
- Psalms 37:23-24* – “Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand.”
- Psalms 41:3* – **“The LORD sustains them on their sickbed and ministers to them in their illness.”**
- Psalms 46:1-4* – “God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth be moved, and though the mountains be toppled into the depths of the sea; Though its waters rage and foam, and though the mountains tremble at its tumult. The LORD of hosts is with us; the God of Jacob is our stronghold.”
- Psalms 121* – “I lift up my eyes to the hills; from where is my help to come? My help comes from the LORD, the maker of heaven and earth. He will not let your foot be moved and he who watches over you will not fall asleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep; The LORD himself watches over you; the LORD is your shade at your right hand, So that the sun shall not strike you by day, nor the moon by night. The LORD shall preserve you from all evil; it is he who shall keep you safe. The LORD shall watch over your going out and your coming in, from this time forth for evermore.”
- Isaiah 40:31* – **“But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”**
- Matthew 8:5-8, 13* – “When Jesus entered Capernaum, a centurion came to him, appealing to him and saying, “Lord, my servant is lying at home paralyzed, in terrible distress.” And he said to him, “I will come and cure him.” The centurion answered, “Lord, I am not worthy to have you come under my roof; but only speak the word, and my servant will be healed. And to the centurion Jesus said, “Go; let it be done for you according to your faith.” And the servant was healed in that hour.”
- Matthew 11:28-30* – **“Jesus said, “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.””**
- 2 Corinthians 12:9-10* – “The Lord said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.”
- Ephesians 6:10* – “Finally, be strong in the Lord and in the strength of his power.”
- Philippians 4:13* – “I can do all things through him who strengthens me.”
- Colossians 1:11-12* – **“May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light.”**

**Suggested Liturgies:** Litany for Healing – [BOS 174](#) (scroll down to 176/345)

## Prayers

### *For a Sick Person*

God of all comfort, our very present help in trouble: be near to N. for whom our prayers are offered. Look on *her* with the eyes of your mercy; comfort *her* with a sense of your presence; preserve *her* from the enemy; and give *her* patience in *her* affliction. Restore *her* to health, and lead *her* to your eternal glory; through Jesus Christ our Lord. Amen. (EOW2 66)

### *For a Child*

Jesus, our Redeemer, Good Shepherd of the sheep, you gather the lambs and carry them in your arms: We entrust our child N. to your loving care. Relieve *her* pain, restore in *her* your gifts of joy and strength, and raise *her* up to a life in your service. Hear us, we pray, for your dear Name's sake. Amen. (EOW2 64)

### *For Strength and Confidence*

Heavenly Father, giver of life and health: Comfort and relieve your sick servant N., and give your power of healing to those who minister to *his* needs, that *he* may be strengthened in *his* weakness and have confidence in your loving care; through Jesus Christ our Lord. Amen. (BCP 459)

### *For Trust in God*

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. Amen. (BCP 460)

### *In Pain*

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. Amen. (BCP 460)

### *For One Suffering from Mental Distress*

Blessed Jesus, in the comfort of your love, I lay before you the memories that haunt me, the anxieties that perplex me, the despair that frightens me, and my frustration at my inability to think clearly. Help me to discover your forgiveness in my memories and know your peace in my distress. Touch me, O Lord, and fill me with your light and your hope. Amen. (EOW2 73)

### *Before an Operation*

Strengthen your servant N., O God, to do what *he* has to do and bear what *he* has to bear; that, accepting your healing gifts through the skill of surgeons and nurses, *he* may be restored to usefulness in your world with a thankful heart; through Jesus Christ our Lord. Amen. (BCP 459)

### *For Difficult Treatment Choices*

Jesus, at Gethsemane you toiled with terrifying choices. Be with me now as I struggle with a fearful choice of treatments which promise much discomfort and offer no guarantee of long-term good. Help me know that you will bless my choice to me, and, good Savior, be my companion on the way. Amen. (EOW2 79)