



Scripture for Healing and Consolation

One method of contemplative prayer that has been popular in Christian spiritual practice for hundreds of years is Lectio Divina or “sacred reading” of scripture. This kind of contemplative reading can help foster necessary connections between our lived experiences and basic foundations of faith. Engaging regularly in this kind of contemplative practice helps us to shape and re-shape the lenses through which we observe our actions, behaviors, and habits as well as ways that we conceive of our own selves in relation to God and others.

The following passages, with their focus on healing and consolation can provide wonderful material for this kind of prayer.

Psalm 46:1-3

Psalm 57:1

Psalm 91

Psalm 121

Psalm 139: 7-12

Genesis 28:10-13a;15-17

Jeremiah 29:11-12

Isaiah 40:28-31

Isaiah 41:10

Isaiah 43: 1-2

Matthew 11:28-30

Luke 6:20-22

John 14:27

1 John 4:16b, 18a

Romans 8:26-27

Romans 8:31-39

2 Corinthians 12:7-10

Philippians 4:6-7

Colossians 1:11-14



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