



10-Day Jehovah Rapha Identity Journal

The LORD Who Heals — Restoring Connection to the Father

Core Truth: Jehovah Rapha is the LORD who heals. Much disease and brokenness stems from disconnection — from God our Father, from ourselves, from others, and within our mind, body, and soul. True healing flows as we reconnect to God as our perfect Father, who shields us, lifts our head, forgives us, and sanctifies our whole being (spirit, soul, and body).

Personal Identity Declaration (speak daily):

"Because God is Jehovah Rapha, the LORD who heals, I am being healed and made whole as I reconnect to God my loving Father, to myself, to others, and within my mind, body, and soul."

Presented by
INFINITE NATURAL HEALTH

Faith-Based Functional Medicine | Root-Cause Healing | Biblical Wholeness

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Day 1: Knowing Jehovah Rapha as My True Father

Core Declaration: Jehovah Rapha reveals Himself as my loving Father who heals by restoring our relationship.

Scriptures: Read Aloud

Exodus 15:26 — I am the LORD, your healer.

John 1:12 — But to all who did receive him... he gave the right to become children of God.

Jeremiah 31:3 — I have loved you with an everlasting love; therefore I have continued my faithfulness to you.

Romans 8:15 — You have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!'

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) How has disconnection from God as my perfect Father contributed to brokenness or 'disease' in my life? What does it mean to be adopted as His child and receive His healing love?

Action Step: Write a short letter addressing God as 'Abba, Father' and tell Him one area where you need His healing.

Prayer Focus: Invite Jehovah Rapha to reveal Himself as your true Father and begin restoring connection with Him.

Day 3: The Shield and Lifter of My Head

Core Declaration: Jehovah Rapha protects and restores me as my Father — my shield and the lifter of my head.

Scriptures: Read Aloud

Psalm 3:3 — But you, O LORD, are a shield about me, my glory, and the lifter of my head.

Psalm 103:3 — Who forgives all your iniquity, who heals all your diseases.

1 Thessalonians 5:23 — May the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless...

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) Where do I feel bowed down, discouraged, or unprotected? How does seeing God as my Father who is my shield and lifts my head bring healing to my spirit, soul, and body?

Action Step: Stand up, lift your head, and declare Psalm 3:3 over yourself.

Prayer Focus: Father, You are my shield and the lifter of my head. Protect me and restore me completely.

Day 4: Emotional Healing – Reconnecting with Self

Core Declaration: Jehovah Rapha heals my emotions as my Father restores connection with myself.

Scriptures: Read Aloud

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

Psalm 34:18 — The LORD is near to the brokenhearted and saves the crushed in spirit.

Psalm 3:3 — But you, O LORD, are a shield about me, my glory, and the lifter of my head.

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) How has disconnection from myself (self-rejection, shame, or emotional neglect) created disease? How does my Father's guiding hand bring emotional restoration?

Action Step: Speak one kind, Father-affirming truth about yourself.

Prayer Focus: Ask your Father to heal emotional wounds and reconnect you with healthy self-awareness.

Day 5: Mental Healing – Renewing the Mind

Core Declaration: Jehovah Rapha renews my mind as my Father reconnects me to His truth.

Scriptures: Read Aloud

Romans 12:2 — Do not be conformed to this world, but be transformed by the renewal of your mind...

Isaiah 26:3 — You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

2 Timothy 1:7 — For God gave us a spirit not of fear but of power and love and self-control.

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) What fearful or disconnected thoughts show a lack of trust in my Father’s protection? How can fixing my mind on Him as my sword of truth bring mental healing?

Action Step: Replace one negative thought with a declaration from Psalm 3:3.

Prayer Focus: Ask your Father to renew your mind and fill it with His peace.

Day 6: Physical Healing – Reconnecting Body, Mind, and Soul

Core Declaration: Jehovah Rapha heals my body as my Father reconnects my whole being.

Scriptures: Read Aloud

3 John 1:2 — Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Romans 8:11 — If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

1 Thessalonians 5:23 — May the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless...

Journaling Prompt: How is disconnection showing up in my physical body? How does my Father’s promise to sanctify spirit, soul, and body bring physical restoration?

Action Step: Perform one gentle act of physical care while thanking your Father for your body.

Prayer Focus: Ask Jehovah Rapha to quicken and heal your body as your loving Father.

Day 7: Healing from Sin and Guilt

Core Declaration: Jehovah Rapha forgives and heals the disconnection caused by sin.

Scriptures: Read Aloud

Psalm 103:3 — Who forgives all your iniquity, who heals all your diseases.

1 John 1:9 — If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Hosea 14:4 — I will heal their apostasy; I will love them freely, for my anger has turned from them.

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) What guilt or sin has created distance from my Father? How does His forgiveness restore connection and wholeness?

Action Step: Confess any sin and receive your Father’s full forgiveness.

Prayer Focus: Thank your Father for forgiving and healing you completely.

Day 8: Healing in Community

Core Declaration: Jehovah Rapha heals through reconnection with others as my Father's family.

Scriptures:Read Aloud

James 5:16 — Therefore, confess your sins to one another and pray for one another, that you may be healed.

Galatians 6:2 — Bear one another's burdens, and so fulfill the law of Christ.

Romans 8:15 — You have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!'

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) Where have I isolated myself from God's family? How can reconnection with others reflect my Father's loving care?

Action Step: Reach out to a trusted believer and share one area needing healing prayer.

Prayer Focus: Ask your Father to heal you through His people.

Day 9: Continuing in the Father’s Healing

Core Declaration: Jehovah Rapha continues healing as I abide in my Father’s love.

Scriptures: Read Aloud

John 15:4 — Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

Philippians 1:6 — And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

James 1:17 — Every good gift and every perfect gift is from above, coming down from the Father of lights.

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) Which disconnection is being healed most through seeing God as my Father? Where do I need to abide more deeply in His love?

Action Step: Practice one daily habit that keeps you connected to the Father.

Prayer Focus: Commit to abiding in your Father's healing presence.

Day 10: Complete Wholeness in My Father the Healer

Core Declaration: *Jehovah Rapha makes me whole as my perfect Father restores every connection.*

Scriptures: Read Aloud

1 Thessalonians 5:23 — Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

Psalms 3:3 — But you, O LORD, are a shield about me, my glory, and the lifter of my head.

Revelation 21:4 — He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore.

Journaling Prompt: (Be specific and honest about your disconnections and God's healing) How has viewing Jehovah Rapha as your Father changed your understanding of healing and wholeness? What connections has He restored?

Action Step: Write your final identity declaration as a beloved, healed child of the Father.

Prayer Focus: Worship your Father and dedicate your whole being — spirit, soul, and body — to Him.

Final Encouragement

Your heavenly Father is Jehovah Rapha — your shield and the lifter of your head. Healing flows as you remain connected to Him. Return to this journal often. The God who adopted you, shields you, lifts your head, forgives you, and sanctifies your whole being (spirit, soul, and body) is faithful to complete the work He began in you.

Remember: Healing often flows as connection is restored — to God our Father, to yourself, to others, and within your mind, body, and soul. Your Father is your shield and the lifter of your head.

Identity Declaration to Speak Daily:

"Because God is Jehovah Rapha, the LORD who heals, I am being healed and made whole as I reconnect to God my loving Father, to myself, to others, and within my mind, body, and soul. My Father is my shield and the lifter of my head. I am a beloved child of God, and He is restoring me completely."

John Brennan is a Physician Assistant and compassionate follower of Jesus Christ who walks alongside others on their journey toward healing and wholeness. With a warm heart and deep commitment to root-cause care, John founded Infinite Natural Health to offer personalized, faith-integrated functional medicine that honors the whole person – body, mind, soul, and spirit.

With love and faith for your wholeness,

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