

3 Steps in Praying for the Sick

Using Depression as an Example

Pray for the Obvious

If someone is suffering from depression, for example, an obvious and simple prayer might consist of one or more of the following:

- *“Lord, please heal and/or deliver <name> from depression.”*
- *“In Jesus’ name, I take authority over depression and all underlying causative conditions in <name’s> life and body.”*
- *“In Jesus’ name I bless <name> with peace and joy and hope.”*

Pray for More Insight

If praying for the obvious did not completely resolve the issue, or if it merely improved the person’s condition, we should seek more specific insight on how to pray and what to pray about. We may need to pray for the obvious more persistently.

Or, there may be ‘hidden’ causes to the person’s depression, and without the Holy Spirit’s insight those ‘hidden’ causes may never be addressed.

Be aware – this step takes time, persistent prayer, and spiritual receptivity, cultivated through intimacy with God.

Pray to be Available

Scripture is clear that we are the body of Christ, and each of us have different functions and varying gifts.

However, when one is sick, we all suffer (1 Cor. 12:26, “And if one member suffers, all the members suffer with it”.)

This should encourage us to be prepared and usable by God when He may desire to use us in bringing healing or improvement to someone. God just wants us to be available – He’ll do the works.