



Bible Health Series

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# **THE HEALING POWER OF THE BIBLE**

## 42 Verses for Hope and Restoration



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Bestselling Author of  
*The Healing Power of Essential Oils*  
& *The Essential Oils Diet*

# THE HEALING POWER OF THE BIBLE 42 Verses for Hope and Restoration

by Dr. Eric Zielinski

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# Take Control of Your Health God's Way with Natural Solutions that Work

*Yes, it's your duty to honor your body as the Temple of the Holy Spirit & we want to show you how...*

*Unlock the Biblical strategies you need to enjoy a peaceful mind, healthy body & fruitful spirit with an ALL-ACCESS PASS to our **COMPLETE Library of Healthy Christian Living!***



**Dr. Eric & Sabrina Ann Zielinski** here, and we invite you to join us on our *lifelong mission* to enjoying the Abundant Life!

We are blessed to share more than 40 years of natural living experience with you through our COMPLETE collection of evidence-based health solutions, and money-saving DIY guides that we have curated into our ***Bible Health Academy***.

Our hope & prayer is that you find the answers that you've been looking for so you and your loved ones can enjoy abundant health and fulfill God's call on your lives!

We would be honored to be your ***Healthy Christian Living Mentors*** along your journey...

Here's the good news: to welcome God into your ***Healthy Christian Living*** journey (at the same time) following time-tested, science-backed protocols is not only impossible...

We encourage it!

At **Natural Living Family**, our approach to health is rooted in proven Biblical principles, and supported by more than 4 decades of research, evidence, and natural living expertise.

Our evidence-based, Biblically-inspired strategies helps more than 5 million people each year find the hope and guidance they need to align their healing journey with their faith, and it can you, too!



**LEARN MORE**

# Spiritual Disclaimer

Please note that we are Christians and it is from this perspective that we present the information that is in this book. Amongst other things, this means that we will refer to “God,” not the “Universe.” This also means that we may reference Biblical teaching and ancient proverbs that we have found to be helpful and applicable today.

Sometimes people get offended by the words that we use, or the spiritual references that we make. Please don't fall into this trap.

As a trained public health researcher (Dr. Z) and world-renowned DIY guru (Mama Z), you can trust that the information presented in these pages is solid, evidence-based and that it will help you.

We do not judge people that don't share our faith and we are committed to helping everyone (regardless of who they are or what they believe) benefit from my experiences. In fact, we whole-heartedly believe this is our mission in life and why God put us on this planet.

You see, there we go referencing “God” again. ;)

## A Note About Faith

Personally, we have found that my faith has been vital to helping me overcome sickness and disease - as it has for the thousands of people that we have helped get well.

Being Christian, it's impossible for us to separate my personal beliefs from our actions and lifestyle habits. We continue to be intrigued to see how clinical trials and science continues to uncover the role that prayer, positive thinking and faith play in the healing journey.

It is with this in mind that we present to you the information scattered throughout this book where you will discover eternal truths that will provide you with hope, inspiration and may even shed some light on things if you are willing to take a dive into the spiritual side of healing with us.

As always, our prayer is that you and your family experience the abundant life, and we hope that you find this guide helpful on your journey

~ Dr. Z & Mama Z

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# Bible Verses for Healing

*Jehovah Rapha: The Lord, Our Healer.*

There are dozens of Bible verses about healing Scriptures that we have come to take solace in these over the years as our family has battled a myriad of health issues. They have brought us comfort, hope and have built up our faith to believe that our Lord will sustain us in all situations!

## What the Bible Says About Healing

There is a practical application to all of this. The Lord has gifted your body with the remarkable ability to heal itself under the right conditions. Fact is, you need to feed it wholesome food, drink clean water and breathe in pure air.

Sadly, finding these things is getting more challenging in our fallen world as toxic chemicals have overtaken our soil and atmosphere. In spite of our efforts (and great expense) to purchase natural products for a healthy home, we still get sick. But, take heart, God is here to bless you with His healing touch when you need it! The healing Scripture below testifies to that.

Cry out to Him and seek this precious gift today! Come before His throne with confidence and courage.

Before I share my 40 favorite Bible verses about healing Scriptures, we need to put what God's Word says about *health* into context with these two scripture passages.

1. *"Later Jesus found him at the temple and said to him, 'See, you are well again. Stop sinning or something worse may happen to you.'" John 5:14*
2. *"Faith without works is useless." James 2:20*

Essentially, once God does *His* part, we must do our part! He heals us and we maintain the healing!

We should NOT see sickness and disease as a sin issue. From what Scripture tells us, neither does Jesus. Otherwise, why would He say this in John 9:3?

- *“Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him.”*

The point that I think our Lord is trying to make is that, when we sin, we put ourselves in harm’s way. Reckless behavior, misuse of medicines and deliberate poor food choices (i.e. all “sins”) can and oftentimes damages our bodies and will make us more susceptible to get sick.

This is why it’s so crucial to put faith to our deeds and put deeds to our faith!

Our hope and prayer is that these Bible verses about healing Scriptures inspire you, encourage you, and help build up your most holy faith. As you seek God for health and healing, do your best to learn how to live a well-balanced life and make the proper abundant life-giving choices.

Shalom!

~ Dr. Z

## Old Testament Verses

*He said, “If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer.”*

~ Exodus 15:26

*Worship the LORD your God, and His blessing will be on your food and water. I will take away sickness from among you.*

~ Exodus 23:25

*The Lord will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt.*

~ Deuteronomy 7:15

*“See now that I, even I, am he, and there is no god beside me; I kill and I make alive; I wound and I heal; and there is none that can deliver out of my hand.*

~ Deuteronomy 32:39

*If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

~ 2 Chronicles 7:14

*Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony.*

~ Psalm 6:2

*For the LORD protects the bones of the righteous; not one of them is broken!*

~ Psalm 34:20

*The LORD will sustain him upon his sickbed; In his illness, You restore him to health.*

~ Psalm 41:3

*As for me, I said, "O Lord, be gracious to me; heal me, for I have sinned against you!"*

~ Psalm 41:4

*Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things, so that your youth is renewed like the eagle's.*

~ Psalm 103:1-5

*He sent out His word and healed them, and delivered them from their destruction.*

~ Psalm 107:20

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

~ Psalm 147:3

*Gracious words are like a honeycomb, sweetness to the soul and health to the body.*

~ Proverbs 16:24

*My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.*

~ Proverbs 4:20-22

*A joyful heart is good medicine, but a crushed spirit dries up the bones.*

~ Proverbs 17:22



*For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up.*

~ Ecclesiastes 3:1-3

*And the Lord will strike Egypt, striking and healing, and they will return to the Lord, and he will listen to their pleas for mercy and heal them.*

~ Isaiah 19:22

*Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live!*

~ Isaiah 38:16

*But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.*

~ Isaiah 53:5

*'I have seen what they do, but I will heal them anyway! I will lead them. I will comfort those who mourn, bringing words of praise to their lips. May they have abundant peace, both near and far,' says the Lord, who heals them.*

~ Isaiah 57: 18-19

*Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.*

~ Isaiah 58:8

*Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.*

~ Jeremiah 17:14

*For I will restore health to you, and your wounds I will heal, declares the Lord.*

~ Jeremiah 30:17

*Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.*

~ Jeremiah 33:6

## New Testament Verses

*And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.*

~ Matthew 4:23

*And He called to Him His twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every affliction.*

~ Matthew 10:1

*Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.*

~ Matthew 10:8

*It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.*

~ Mark 2:17

*He [Jesus] said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."*

~ Mark 5:34

*And the power of the Lord was with him to heal.*

~ Luke 5:17

*Heal the sick in it and say to them, 'The kingdom of God has come near to you.'*

~ Luke 10:9

*And He laid His hands on her, and immediately she was made straight, and she glorified God.*

~ Luke 13:13

*But they remained silent. Then He took him and healed him and sent him away.*

~ Luke 14:4

*"He has blinded their eyes and hardened their heart, lest they see with their eyes, and understand with their heart, and turn, and I would heal them."*

~ John 12:40

*While you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus.*

~ Acts 4:30

*And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose.*

~ Acts 9:34

*How God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him.*

~ Acts 10:38

*Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength.*

~ 1 Corinthians 15:43

*Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up.*

~ James 5:14-15

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The effectual fervent prayer of a righteous man availeth much.*

~ James 5:16

*He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. By His wounds you have been healed.*

~ 1 Peter 2:24

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

~ 3 John 1:2

## **Healing Scriptures Challenge**

As we read, and reread Bible Verses About Healing Scriptures, we are often filled with a sense of reassurance to see how the timeless principles within its pages ring true in my life.

One lesson in particular, that we reap what we sow, has all but defined our Biblical health experience and our favorite Bible verses about healing Scriptures conveys this profoundly. In its simplest form, we reap sickness because of what was sown into our bodies. Along our healing journey, we are all confronted by the same fork in the road and, we all have a choice.

No amount of prayer, no amount of meditation, and no amount of counseling can turn things around until we are willing to change. Yes, these 42 Bible Verses About Healing Scriptures are absolutely abundant life giving, but we need to also stop doing the things that are causing the damage in the first place, which then gives our bodies an opportunity to heal. At the same time, we need to learn how to take care of ourselves and regain control of our health.

Can you relate?

- Have you pledged to regaining control of your health in a way that honors your body as the temple that it truly is?
- Have you determined to feed your temple nutritious foods and avoid toxins that cause disease?
- Have you committed to stop running to the pharmacy for every little thing, and have you embraced the power of using natural therapies like essential oils instead?
- Are you committed to meditating and proclaiming these 42 Bible Verses About Healing Scriptures?

We all have a choice which path we want to follow. And, now that you have learned what the Bible says about health, we challenge you walk toward the path of abundant life!

## **Journey Toward the Abundant Life & Bible Health**

Jesus said, *"The thief comes only to steal and kill and destroy; I came that they may have life, and have it ABUNDANTLY!"* ~ John 10:10

Living the abundant life is your God-given privilege, and helping you experience it was Christ's driving purpose behind His ministry. And it has been one of our driving passions since becoming Christians to better understand it. The deeper we go into God's Word, the clearer things become, and we keep going back to this concept of "Biblical Health."

The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This, of course, is coming from a secular and medical establishment. So, it shouldn't surprise us that it lacks mention of other key components to our lives. Namely, the spiritual component, which is at its core the very foundation of our physical, mental and social well being.

Of course, there are other areas to our lives that all play a vital role in our overall health. In fact, we believe there are SEVEN areas and that it is our moral duty to take care of them all. By doing so, we unlock what we refer to as “Biblical Health,” *the state of enjoying balance and prosperity in all aspects of life.*

We believe that every area of our lives fall into one (or more) of these categories, and, YES, it should be your goal to master every discipline.

1. **Spiritual Abundance** – Living with divine purpose and enjoying a thriving relationship with your Creator.
2. **Physical Abundance** – Maintaining a strong, healthy body free of disease and chronic symptoms.
3. **Mental Abundance** – Being intellectually sound and having the Mind of Christ.
4. **Emotional Abundance** – Enjoying peace and experiencing a balance of positive feelings.
5. **Financial Abundance** – With your needs being met, not living in debt and having extra to be BIG givers.
6. **Occupational Abundance** – Finding purpose and truly enjoying the work of your hands.
7. **Social Abundance** – Fostering deep, mutually beneficial relationships on a daily basis.

Each of these are connected to each other and, like a chain, you are only as strong as your weakest link. If your physical body isn't performing how it should, it's going to weigh you down emotionally and cause strain in your relationships. If your job isn't going well or you aren't working up to your full potential, your financial health will be impacted and your mental health will be strained by raising your stress levels.

REMEMBER: Great habits are formed daily and require consistent commitment. So, make it your determined effort to press through, no matter how hard it may seem or how many times you fall!

## Final Thoughts & Prayer

If there is one thing we have learned in life, it is to be patient with ourselves. When reading Biblical truths like this don't get overwhelmed with the mountain of to-dos.

Take each day as it comes. Celebrate successes – no matter how small or seemingly insignificant they may be – and give yourself a little more grace.

We don't expect all that much of babies. Do we? Gradually, we add on responsibility (and accountability) to our children and we should do the same for ourselves.

Our hope and prayer is that you and your family truly experience the Abundant Life in every area and remember to enjoy the journey. Life is all about the experiences, not about the end destinations! Shalom!

# The Bible Health Academy is *not* your typical health and wellness program...

Just real, practical wellness solutions based in Biblical wisdom...

- ✓ There's no curriculum to "complete"
- ✓ No fad diets or gimmicks
- ✓ No supplements, shakes, or other products to buy

If you need a new healthy 'recipe' to combat pain or indigestion, it's there...

If you need help dealing with anxiety, weight loss, Cancer, or gut health, you can tune right into one of our expert on-demand masterclasses any time of day...

If you want to learn how to use essential oils to create all of your own self care and home care products... You can do that, too!

And it's all grounded in faith-based principles that bring God into the conversation about our health — because that's where He belongs.



**Together, Dr. Z, Mama Z, and the Natural Living Family bring more than 40 years of natural living expertise to the table.**

Their website, [NaturalLivingFamily.com](http://NaturalLivingFamily.com), is visited by 5 million natural health seekers every year, and it has rapidly become the #1 resource for non-branded, faith-based education on the Internet today.

A former Mrs. Georgia, fitness guru and world-renown essential oil expert, Dr. Z and Mama Z are regular guests on the **700 Club**, showcased on the Netflix documentary "Unwell," and are featured experts on hundreds of podcasts and documentaries...

They also contribute to all of the amazing resources and community discussions you'll have access to once you start your Bible Health Academy membership!

## Inside, you'll learn about the 3 Bible-based "Prescriptions" you need for a healthy, abundant life:



### #1 Your Lifestyle Prescription

Decades of research have taught us that a stressful, toxic lifestyle is the root of many health issues.

Unfortunately, with all the stress and toxins we're up against every day, inflammation affects nearly all of us.

The Bible Health Academy gives you practical ways to combat inflammation and the chronic symptoms it causes through nourishing, whole food choices and regular exercise, all while following simple, Biblical principles.



### #2 Your Essential Oils Prescription

Essential oils are the oldest "remedy" on earth and have been used medicinally and in religious traditions for thousands of years, and we teach you how to get comfortable using them.

Not because they "treat" symptoms and mask problems like drugs do, but because they addressed physiological disharmony in our bodies — like anxiety, depression, hormonal balance, digestive disorder, and more — and helped bring them back into balance.



### #3 Your Spiritual Prescription

You already know your spiritual well-being plays a massive part in your overall health.

Our approach emphasizes the importance of incorporating spiritual practices into daily life, including prayer, meditation, worship, and other spiritual disciplines.

By nurturing your spiritual life, you strengthen your physical, mental, and emotional health, too.

## When you claim your All-Access Pass to The Bible Health Academy, you'll get instant access to:



**Over 100 hours of full-length masterclasses and expert-led summits** on topics like essential oils, allergen-free cooking, chronic diseases, women's health and more



**Complete eBook libraries** packed with practical guides on healthy living, recipes, and DIYs



**A-Z Digital databases** for natural healing remedies, essential oil profiles, and home and body care protocols for you to reduce your toxic load at home



**In-depth workbooks, checklists, and recipe cards** so you can apply what you learn and share it with others



**Audios, videos, and searchable transcripts** of every program and masterclass so you can choose the way you learn best



**Done-for-you healthy meal plans** for anti-inflammatory living, with new meal plans added every single month



**DIY & essential oil spotlights** to help you get comfortable making your own body care, cleaning products, healthy gifts, and more



**Access to our private community** where you can get your questions answered by The Natural Living Family team



**And FREE exclusive access** to NEW masterclasses, databases, and programs as long as you're a member!

**GET ALL ACCESS!**



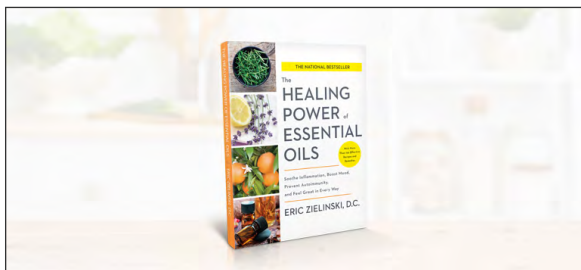
# About the Author



**Dr. Eric Zielinski** is on a mission to help people experience the abundant life. Formally trained as a public health researcher, aromatherapist and a pioneer in the biblical health space, Dr. Z is the founder of the Essential Oils Revolution summits and Essential Oils for Abundant Living Masterclass that have helped more than 1 million people across the globe use essential oils safely and effectively. He is also the author of the national bestseller *The Healing Power of Essential Oils* and *The Essential Oils Apothecary*.

Along with his wife, Dr. Z launched their online Bible health ministry in 2014. Now visited by more than four million people every year, BibleHealth.com and Natural-LivingFamily.com are the #1 source of

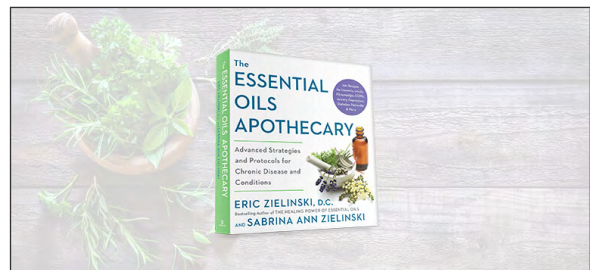
faith-based health information on the Internet. Dr. Z lives in Atlanta with his wife and six children.



## The Healing Power of Essential Oils

More than 150,000 copies sold, Dr. Z's national bestseller is the #1 rated essential oils book in the world. This soup-to-nuts guide to mastering essential oils features 150+ recipes and expert formulations equips you with the knowledge to build daily rituals that fit your unique needs—and lead to amazing results!

[BUY NOW](#)



## The Essential Oils Apothecary

The follow-up to the national bestseller, *The Healing Power of Essential Oils*, get the confidence that you need to treat and manage the symptoms of 25 chronic illnesses, including insomnia, low libido, fibromyalgia, COPD, cancer, anxiety, depression, diabetes, dementia and more!

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