

**DIVINE HEALTH CODE:
40 Daily Keys to Activate Healing Through
God's Word and Creation**

*Unlock the Healing Power of Plants, Prayer, and
Prophetic Action*

(ENGLISH EDITION)

By

**Zacharias Godseagle; Comfort Ladi Ogbe ;
Ambassador Monday O. Ogbe**

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DIVINE HEALTH CODE:

40 Daily Keys to Activate Healing Through God's Word and Creation - Unlock the Healing Power of Plants, Prayer, and Prophetic Action By Zacharias Godseagle; Comfort Ladi Ogbe ; Ambassador Monday O. Ogbe

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This book is a work of both fact and inspiration. While some stories are true accounts, others are fictionalized or composite narratives used to illustrate emotional and spiritual truths. Any similarity to real persons, living or dead, in those fictional sections is purely coincidental unless otherwise noted.

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**The characters in the stories are inspired by real
events, retold with names, locations, or circumstances
adapted for clarity, privacy, or emphasis**

About the Book - Divine Health Code: 40 Daily Keys to Activate Healing Through God’s Word and Creation - Unlock the Healing Power of Plants, Prayer, and Prophetic Action

Are you tired of cycles of sickness, prayer, brief healing — only to relapse again?

Do you believe God heals but wonder why many still suffer despite prayer and anointing?

This 40-day devotional is your **missing link** — a *biblical blueprint* and *healing lifestyle reset* to transform your health through the **power of God’s Word, creation, and prophetic wisdom.**

Inspired by **Revelation 22:2** — “**The leaves of the tree are for the healing of the nations**”, this book revives the forgotten connection between **faith and plants, scripture and science, prayer and daily choices.** You’ll discover how to not only receive healing — but walk in it daily.

What’s Inside?

- **80 of the most common illnesses and health conditions worldwide**, addressed with both scriptural and natural remedies
- **Herbal solutions backed by scripture and usage instructions**, including quantities, preparations, and global plant names
- **Powerful prayers, daily healing declarations, and prophetic insights** to strengthen your faith
- **Real-life global testimonies** of healing — emotional, inspirational, and hope-restoring

- **Daily scripture reflections** for total alignment: spirit, soul, and body
- **Healing group discussion questions, reflection prompts, and journaling space** for personal or small group use

Why This Book Matters

Many Christians experience healing but fall back into sickness due to **lack of lifestyle transformation**.

This book helps you:

- Address **root causes** of illness
- Integrate **natural healing tools** (plants, rest, food, detox, forgiveness)
- Align with God's rhythm for **wholeness and restoration**
- Learn how to **keep your healing** and not lose it again

Who Is This For?

- Christians hungry for lasting healing and wellness
- Churches, house fellowships, and healing groups
- Wellness ministers, prophetic intercessors, and holistic health coaches
- Anyone seeking to merge **faith with lifestyle** for lasting impact

You are not meant to live dependent on pills and pain.

God designed you to walk in divine health — daily, naturally, prophetically.

Join the movement. Walk the 40-day code.

Live healed. Stay healed. Be a healer.

PAPERBACK COVER

HEALING IS POSSIBLE — AND SUSTAINABLE.

Many believers pray for healing but don't know how to *walk in it daily*.

DIVINE HEALTH CODE is your **40-day**

journey into **lasting healing** through God's Word, creation, and prophetic action.

Rooted in **Revelation 22:2** — "*The leaves of the tree are for the healing of the nations*" — this transformational devotional offers you:

- **80 global health conditions addressed** through scripture and herbal wisdom
- **Daily declarations, healing prayers, and action steps**
- **Real-life healing stories** that inspire faith and change
- **Herbal remedies with preparation guides and biblical insights**
- **Group discussion prompts and journaling space**

Whether you're recovering, believing for healing, or ministering to others, this book will equip you to:

- Break cycles of affliction
- Embrace lifestyle change
- Align spirit, soul, and body with God’s design
- Walk in **divine health** — and help others do the same
- “You are healed to be a healer.
- You are whole — because Jesus paid for it, and nature still testifies.”

Zacharias Godseagle; Comfort Ladi Ogbe ;Amb.

Monday O. Ogbe is a prophetic voice and healing advocate equipping the Church for wholeness through Word and Creation.

Visit: www.otakada.org | www.wealthbeyondworryseries.com

DEDICATION

This work is dedicated to the healers, the wounded, and the warriors.

To **every child of God** who has cried out in pain, questioned the silence, and still chose to believe in God's power to heal —

This is for you.

To the **intercessors, pastors, prophets, and caregivers** who labor in secret, laying hands, anointing heads, weeping in prayer —

May your oil never run dry.

To the ones who were healed but didn't know how to stay healed — May this book be your key to **lasting deliverance.**

To the **scientists and herbalists**, both ancient and modern, who preserved the knowledge of plants for the healing of the nations —

Your work echoes Eden.

To the **kingdom-minded believers** who understand that health is a spiritual assignment, not just a physical desire — This devotional is your manual for **daily victory.**

And to **Jehovah Rapha — the Lord who heals us**, This offering is for Your glory, for the deliverance of the nations, and for the raising of a people who walk in divine health — spirit, soul, and body.

ACKNOWLEDGMENTS

“Every good and perfect gift is from above...” – James 1:17

First and foremost, **to the Almighty God — Jehovah Rapha**, our Healer and Life-Giver — thank You for entrusting me with this burden, this vision, and this revelation. You are the true Author; I am but a steward. May this book bring glory to Your name and healing to Your people across nations.

To **my Lord and Savior, Jesus Christ**, who paid the ultimate price for our wholeness — spirit, soul, and body — this work flows from Your wounds, where healing was purchased once and for all.

To the precious **Holy Spirit**, my Teacher, Inspirer, and Breath of Wisdom, thank You for guiding every word, highlighting every verse, and breathing life into these pages.

To **my family**, whose prayers, sacrifices, and unwavering support undergird every assignment I undertake — thank you for standing with me, for believing in this vision, and for making room for God's work to flourish in and through my life.

To the faithful team at **God's Eagle Ministries (GEM)**, **Otakada.org** who helped carry this assignment through research, design, and global coordination — your diligence and kingdom excellence have helped make this possible. To the **many global voices** — herbalists, nutritionists, researchers, prayer warriors, and prophetic voices —

whose insights, testimonies, and lived experiences are woven into this work, thank you. You are part of a divine tapestry of healing and restoration that spans the earth.

To the **unsung heroes battling in silence** — the sick, the caregivers, the faith-filled believers fighting for their lives and the lives of others — may these pages refresh your hope, renew your strength, and reignite your fire to live and not die.

To the **readers** who will walk this 40-day journey — thank you for saying “yes” to transformation. May you not only be healed, but rise as **healers** in your homes, churches, and nations.

Finally, to **every generation yet to come**, may this be a legacy of life, a fountain of truth, and a roadmap to **kingdom wellness** in a broken world. Let the healing rivers of God flow through you.

With deep gratitude and prophetic joy,
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Monday O. Ogbe**

Healing Minister, Author, Health Advocate

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PREFACE

A Prophetic Call to Healing, Wholeness, and Restoration

“And the leaves of the tree were for the healing of the nations.”

— *Revelation 22:2*

This is not just another devotional.

This is a **divine summons** — a prophetic call to rise out of cycles of sickness, survive the plague of pain, and step boldly into the **life of divine health** that God originally designed for you.

You are not reading this by accident.

Perhaps you’ve prayed for healing. Maybe you’ve wept at night, anointed with oil, believed God — only to watch the same illness return... or another arise.

You’re not alone.

In my years of ministry and global health outreach, I’ve seen this **cycle of partial healing** and **repeated affliction** again and again. People receive breakthrough... but without lifestyle change, the door is left open.

This book was born from that burden — to bridge the **gap between faith and wisdom, prayer and plant, spiritual hunger and natural health.**

From Eden to Eternity — Healing Was Always the Plan

In the beginning, God didn’t put man in a hospital.

He placed him in a **garden** — filled with fruit-bearing trees, fragrant herbs, healing waters, and nourishing leaves.

Genesis 1:29 reminds us: “I have given you every herb bearing seed... to you it shall be for food.”

Before there were pharmacies, God gave us **plants**.

Before there were pills, He offered **leaves**.

Before synthetic cures, He blessed the earth with **healing properties** that still carry His fingerprint.

The same plants that heal wounds, fight infections, and balance hormones are still growing across continents — in Nigeria, Israel, India, Brazil, and beyond.

And the Scriptures are clear — these weren't just natural remedies. They were **divine strategies**.

- *Isaiah instructed Hezekiah's healing with a fig poultice (2 Kings 20:7)*
- *Moses threw a tree into bitter water and it became sweet (Exodus 15:25)*
- *The anointing oil was made from holy herbs and spices (Exodus 30:22–25)*
- *James told the Church to anoint the sick with oil — derived from plants (James 5:14–15)*
- *And in the final chapter of the Bible, Revelation 22:2 reveals that the leaves of the tree in the New Jerusalem still heal nations*

Healing Is a Lifestyle, Not a One-Time Event

Many people receive temporary healing. Few **walk in sustained wholeness**.

Why? Because we pray for God to fix what our **habits continue to harm**.

This 40-day devotional is not just about recovery. It is about **reformation**.

It's a call to repentance, revelation, and renewal — not only of the **body**, but of the **soul and spirit**.

You will not just read scriptures...

You will apply God's Word to your **sleep**, your **food**, your **emotions**, your **organs**, your **home**, your **decisions**.

You'll receive:

- **Herbal remedies** (with botanical names and preparation methods)
- **Healing declarations** rooted in God's promises
- **Testimonies** from believers around the world
- **Prayers** that shift the atmosphere and energize the body
- **Daily action steps** that align your lifestyle with your healing
- **Group discussion prompts and journaling spaces** to make it personal

A Kingdom Blueprint

Jesus healed the sick, but He also said, *“Go and sin no more.”* That was not just moral — it was practical. He was saying: “Now that you are healed, **don't return to what broke you.**”

“Now that your womb is whole, **watch what you eat.**”

“Now that your blood is clean, **clean your home, your mind, and your life.**”

God never designed you to live in survival mode.

You were made for **thriving health**, radiant joy, and long life — for His purpose and glory.

The Invitation

These 40 days are a sacred reset.

You will emerge with clarity, strength, and insight.

You will break cycles of chronic illness.

You will be empowered with knowledge and fire.

You will teach others how to be whole.

You will step into the **Divine Health Code** that Heaven has etched into creation, into His Word, and now — into you.

**You are healed to be a healer.
You are free to set others free.
You are whole — because Jesus paid for it, and nature
still testifies.**
Now, take the first step.

Zacharias Godseagle; Comfort Ladi Ogbe ;Amb.

Monday O. Ogbe

Prophetic Voice | Healing Minister | Health Advocate

Author of “Divine Health Code”

[God's Eagle Ministries

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INTRODUCTION

Healing Is Not Just Possible — It Is Promised. But Healing Must Also Be Protected.

From the beginning of creation, God demonstrated His desire for His people to live in **divine health** — not just occasional healing. Adam was placed in a **garden**, not a pharmacy. Before sin entered, sickness had no voice. And even after the Fall, God continuously revealed His **healing nature** through His name, His covenant, and His creation.

“I am the Lord who heals you.” — *Exodus 15:26*

“The leaves of the tree are for the healing of the nations.”
— *Revelation 22:2*

These two verses form the heartbeat of this devotional: **God heals, and He uses His Word and His creation — especially plants — to do it.**

Over the years, we’ve seen countless believers receive healing through prayer, yet many suffer recurring attacks, new symptoms, or silent declines. Why? Because healing is not just a miracle — it’s also a **discipline**, a **code**, a **way of life**.

Healing must be **cultivated, protected, and lived out.**

Why This Devotional?

This book was born out of prayer, pain, and prophetic burden. I have walked alongside people with terminal diseases, mysterious afflictions, mental health struggles, hormonal breakdowns, and more. Some received powerful healing through the laying on of hands and faith. Others needed more — they needed to align their lives, homes, diets, and thoughts with the **Word of God and the wisdom of God through nature.**

This 40-day journey is a **Spirit-Soul-Body healing curriculum**. It brings together:

- **Scripture and scientific wisdom**
- **Prayer and prophetic instruction**
- **Natural herbal remedies and health discipline**
- **Stories of real people who walked into healing from around the world**
- **Declarations, group questions, journaling prompts, and action steps**

It's more than a devotional — it's a **healing lifestyle reformation**.

A Global Perspective, Rooted in the Word

You'll encounter **herbal remedies from multiple nations** — each with biblical backing, usage instructions, and prophetic insight. Whether it's **Moringa from Africa, Turmeric from Asia, Black Seed from the Middle East, or Aloe Vera from Latin America**, every plant mentioned in this book was created by God and validated by centuries of use and testimonies.

We also explore **how people in different parts of the world found healing** — from villages in Nigeria to clinics in Israel, from prayer tents in Brazil to quiet homes in the U.S. These are not fairy tales. These are **living witnesses** to the power of God in **Word and nature**.

How to Use This Book

Each Day Includes:

- A **devotional teaching** based on scripture and one or two health conditions
- A **real-life story** from someone who overcame that illness through prayer and lifestyle

- One or more **herbal or natural remedies** (with scientific/botanical names and how to use them)
- A **prayer for healing**
- A **prophetic daily declaration** for health
- A **Healing Group Discussion** question and **Journaling prompt**
- An **Action Step** to apply what you've learned physically or spiritually

You may use this book in any of the following ways:

- Personally: during your morning or evening devotion
- In a small group: healing fellowships, health seminars, women's or men's prayer groups
- With your family: teaching your children healthy habits from scripture
- In churches: to lead 40-day fasts or wellness programs
- For intercessors: praying targeted healing prayers for regions or individuals

A Prophetic Invitation

This is more than a health guide.

It's a **spiritual revolution in your body.**

God is restoring the **original Eden code** — healing through His Word, His Spirit, and His plants.

You will not just recover.

You will be renewed.

You will not just heal.

You will help others heal.

You will not just be well.

You will walk in **divine health.**

“Beloved, I pray that you may prosper in all things and be in health, even as your soul prospers.”

— *3 John 2*

Now open your heart. Open your spirit. Open your body.
The journey to divine health begins now.

TO THE READERS

Beloved,
You hold in your hands more than just a book — you hold a **divine invitation**.

An invitation to **healing**, to **wholeness**, and to a **restored way of living** — the way Heaven intended.

This journey is for you.
If you've battled long-term illness...
If you've prayed and fasted, yet the symptoms return...
If you've watched loved ones suffer and wished you could do more...
If you believe in miracles, but also know that God works through wisdom and natural things...
Then this is your moment.
This is your **reset**.

Over the next 40 days, you will walk with God through **80 of the most common health challenges** facing humanity today. Each day is designed to unlock a **prophetic key** — through **scripture, healing declarations, natural remedies, testimonies from around the world,** and **actionable steps** to help you align your life with God's health blueprint.

You will laugh. You may cry. You will definitely reflect. But most importantly, **you will rise** — in strength, in wisdom, and in wholeness.
Let this not just be a devotional you read. Let it be a journey you live.
Journal your prayers. Meditate on the scriptures. Share

your healing story.
Apply the knowledge. Start the lifestyle.
And above all, **believe again**.

You are not alone.

Jesus is your Healer. The Holy Spirit is your Helper.
And through His Word and creation, God has already
made provision for your healing.

“He sent His word, and healed them, and delivered them
from their destructions.” — *Psalms 107:20*

This is your time.

Let the healing begin.

With love and expectation,

Zacharias Godseagle; Comfort Ladi Ogbe ;Amb.

Monday O. Ogbe

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HOW TO READ AND APPLY THIS DEVOTIONAL

For Individuals, Families, Healing Groups, Churches & Herbal Health Clubs

“The entrance of Your Word gives light; it gives understanding to the simple.” — Psalm 119:130

“The leaves of the tree were for the healing of the nations.” —
Revelation 22:2

This 40-day devotional is more than a book — it is a **journey of restoration**, a **blueprint for divine health**, and a **prophetic tool** for daily transformation. Healing is not only something we receive; it’s something we walk in, **live out**, and **sustain through truth and discipline**. Here’s how you can apply this book to experience **maximum impact and lasting results**, whether you’re using it alone or with a group:

FOR INDIVIDUAL READERS

If you're on a personal healing journey:

- Read one devotional **each day for 40 days** — ideally in the morning.
- Keep a **notebook or journal** beside you to respond to daily reflection questions.
- Speak the **daily healing declaration aloud** with faith and conviction.
- Prepare and try the **herbal remedy**, as directed, where accessible.

- Pray the **daily healing prayer** with sincerity, asking the Holy Spirit for specific guidance.
- Take the **daily action step** seriously — let it transform your habits.
- Write down your own **testimonies**, health shifts, and spiritual insights as they come.

This is your sacred reset. Your temple is worth healing. (1 Corinthians 6:19)

FOR FAMILIES

If you're walking with your household:

- Dedicate 30–45 minutes a day for **family devotion and health reflection**.
- Take turns reading the devotional and leading prayers or declarations.
- Discuss the **Healing Group Discussion Questions** together.
- Make herbal remedies and meals a **shared learning experience**.
- Let children or teens explore the biblical side of health as part of spiritual discipleship.
- Assign **journal prompts** as quiet time activities for personal engagement.

Let divine health be a family culture — not just an emergency response.

FOR HEALING GROUPS (In-Person or Online)

For small groups, home fellowships, or healing fellowships:

- Choose a fixed **meeting time daily or weekly** (physical or online).
- Have one person read the devotional aloud, another lead the prayer.
- Create space for **sharing testimonies**, even if partial or in progress.
- Discuss the **Healing Group Discussion Question** for each day.
- Assign the **daily action step** to be done before the next session.
- Encourage members to journal insights, and even try herbal remedies together.

Groups grow together. Let healing ripple from one testimony to another.

FOR CHURCHES & MINISTRIES

For church-wide healing campaigns, 40-day fasts, or health seminars:

- Introduce this devotional as part of a **40-Day Divine Health Challenge**.
- Mobilize your congregation to read daily and gather weekly for reflections.
- Preach a parallel **sermon series** on healing, plants, prayer, and wellness.
- Create **healing altars or health clinics** with natural remedy workshops.

- Invite doctors, herbalists, and intercessors to host health-and-prayer days.
- Empower your women’s, men’s, or youth ministries to run the journey independently.

Churches should not only host revivals — they should host restorations.

FOR HERBAL HEALTH CLUBS & KINGDOM WELLNESS COMMUNITIES

For herbal enthusiasts, wellness advocates, and prophetic health leaders:

- Form a **“Divine Health Circle”** or **Herbal Health Club** using this devotional.
- Teach participants how to identify, source, and prepare the **daily remedies**.
- Discuss **plant uses in scripture and science**, exploring their benefits deeper.
- Share **personal or cultural healing stories** to inspire and educate others.
- Pair herbal learning with **biblical declarations and healing prayers**.
- Keep track of **health progress reports/testimonies** across members.

Let your health club be a prophetic gate of healing in your city and nation.

Final Note:

No matter how you journey — alone, with loved ones, or in a group — remember this:

Healing flows where **truth, faith, and action** meet.
God has given us **His Word and His world** — now it's
time to live well, live wise, and live healed.
Welcome to the **Divine Health Code** journey — where
your healing becomes a testimony and your wholeness
becomes a lifestyle.

The Healing Leaves: God's Eternal Prescription for the Nations

From Eden to Eternity — Healing Was Always the Plan

Long before laboratories, vaccines, or pharmaceutical factories...

Before antibiotics and surgeries...

There were **leaves**.

There were **plants**.

There was **God's breath on creation**, infusing life into the very earth beneath our feet.

From **Genesis to Revelation**, God's design for healing was not hidden — it was **rooted in the soil** and **whispered through the wind**:

“The leaves of the tree were for the healing of the nations.” — Revelation 22:2

This wasn't symbolic.

This was prophetic.

It was literal. And it still is.

Healing Leaves in Scripture

Let's journey through the sacred texts and discover how **God continually used plants** as vessels of healing, deliverance, restoration, and divine communion.

1. Eden: The Original Wellness Center

“Then God said, ‘Behold, I have given you every herb that yields seed... and every tree whose fruit yields seed; to you it shall be for food.’” — Genesis 1:29

Eden wasn't just paradise — it was a **living pharmacy**.

The very first human prescription was:

- Plants for food
- Trees for healing
- Fruits for restoration

No factory. No synthetic pill. Just creation, kissed by God.

2. Moses and the Bitter Waters

“Then he cried out to the Lord, and the Lord showed him a tree.

When he cast it into the waters, the waters were made sweet.” —

Exodus 15:25

At Marah, the waters were bitter — undrinkable.

But God didn't send chemicals or engineers.

He sent a **tree**.

The **wood of healing** turned bitter into sweet — and became a prophetic symbol of how **Jesus (the tree of life)** would heal bitter hearts and toxic bodies.

3. Isaiah's Fig Leaf Prescription for Hezekiah

“Then Isaiah said, ‘Prepare a poultice of figs.’ They did so and applied it to the boil, and he recovered.” — 2 Kings 20:7

King Hezekiah was dying.

God sent a **word through Isaiah** — but also a **natural solution**.

A poultice made from **fig leaves (Ficus carica)** — a traditional healing remedy even recognized in modern medicine for its **anti-inflammatory and antimicrobial properties**.

God's healing often comes in **both declaration and creation**.

4. The Anointing Oil: Divine Medicine in Liquid Form

“Take for yourself quality spices... myrrh, cinnamon, calamus... olive oil... it shall be a holy anointing oil.” — Exodus 30:22–25

The holy anointing oil — used for kings, priests, prophets, and sacred spaces — was made **entirely from plants**:

- **Myrrh** (Commiphora) – healing and embalming
- **Cinnamon** – antiseptic, energizing
- **Calamus** – calming, aromatic
- **Olive oil** – base of divine preservation and blessing

Every touch of oil was both a spiritual act and a natural healing experience.

5. James and the Church’s Healing Protocol

“Is anyone among you sick? Let them call the elders... and anoint them with oil in the name of the Lord.” — James 5:14

That oil wasn’t magical. It was medicinal — derived from **olive trees**, known for their anti-inflammatory, circulatory, and heart-protective powers.

The **oil activated the faith**. The **prayer sealed the healing**.

God used the **earth and the Spirit together**.

Creation Still Speaks

Modern science is only just catching up.

- **Green plants give us oxygen**, removing toxins like carbon dioxide, benzene, and formaldehyde from the air.
- **Fragrant herbs like rosemary and lavender** boost memory, reduce anxiety, and improve sleep.
- **Leafy greens like kale and spinach** prevent macular degeneration and strengthen eyesight.

- **Garlic, ginger, and turmeric** reduce inflammation, balance blood sugar, and fight disease.
- **Moringa, neem, and holy basil (Tulsi)** are known as “miracle plants” in Africa and India — and have been shown to reverse diabetes, boost immunity, and clear infections.

Even today, **over 50% of pharmaceutical drugs are derived from plants** — yet we often forget **the Source**.

A Prophetic Reminder

We are not just in a medical age.

We are in a **restorative revival of Eden’s code**.

"What if God’s healing was already in your garden?

What if your miracle was hiding in your kitchen or your backyard?"

God is raising a generation of **Believers who pray and plant**

— who **anoint and apply**

— who **fast and farm**

— who **declare and detox**

You Are Now a Carrier of This Revelation

You now carry the **Divine Health Code** — a kingdom blueprint where:

- **Scripture meets science**
- **Faith meets food**
- **Power meets plant**
- **Healing becomes a lifestyle**

The same God who formed your body from the earth...

...has given you what you need from the earth to heal.

Don’t discard what Heaven has provided.

The *healing of the nations* still comes — through *the leaves of the Tree*.

Day 1 – Healing from High Blood Pressure (Hypertension)

40 Daily Keys to Activate Healing Through God’s Word and Creation -

Focus Verse

“A heart at peace gives life to the body, but envy rots the bones.” — Proverbs 14:30 (NIV)

Global Health Challenge

High blood pressure affects over **1.28 billion people worldwide**, yet most don’t realize they have it—until it leads to heart attacks, strokes, kidney failure, or death. It’s often called the “silent killer.” But God’s Word and His natural pharmacy offer healing for those who seek wholeness in both spirit and body.

***Healing Remedy from Creation: Hibiscus (*Hibiscus sabdariffa*) & Garlic (*Allium sativum*)**

Herbal Formula #1 – Hibiscus Tea (*Hibiscus sabdariffa*)

- **What You Need:** 2 tablespoons dried hibiscus petals (*Zobo leaves*)
- **How to Use:** Boil in 500 ml water for 10 minutes. Strain. Drink **1 cup morning and evening** for 21 days. Avoid sugar—add 1 tsp of pure honey if necessary.

Herbal Formula #2 – Garlic Tonic (*Allium sativum*)

- **What You Need:** 1 fresh clove of garlic, crushed
- **How to Use:** Swallow raw with warm water once daily in the morning OR mix with 1 tsp of honey if the taste is too strong.

Note: Do not take both at the same time if you're on blood pressure medication. Consult a medical or herbal professional for guidance.

Healing Insight: Spirit–Soul–Body Connection

Many cases of high blood pressure are not just physical—they are emotional and spiritual. Stress, bitterness, fear, and the need for control raise pressure internally long before the body shows symptoms. But God calls us to *peace*—not panic. As your soul rests in His hands, your body often follows.

Real Story – Nigeria & USA (Expanded)

Miriam, a 62-year-old widow and retired teacher in Jos, Nigeria, had carried the weight of life alone for years—loss, financial pressure, and heartbreak. When the doctor told her she had stage 2 hypertension and needed daily medication, she wept.

But something rose inside her. She remembered Psalm 23 from childhood. She began waking early, brewing hibiscus tea, and sitting quietly each morning with her Bible. “The Lord is my Shepherd,” she whispered daily. She forgave those who hurt her. She began laughing again—first softly, then loudly.

Within two months, her blood pressure normalized. At a women’s conference, she stood up and testified:

“God used a flower and a verse to save my life. I’m not just healed—I’ve come back to life!”

In the U.S., Dr. Alveda—a Christian naturopath—shared a case of a young mother, overwhelmed by a divorce, whose BP was dangerously high. Alveda recommended garlic tonic and a “daily gratitude prescription.” Within a month, her blood pressure dropped. “It wasn’t just the garlic,” Alveda said. “It was the healing of her heart. She began thanking God even before the answers came—and peace replaced the pressure.”

Prayer for Healing

Heavenly Father,
You are the God who brings peace to storms and calm to chaos. I surrender my fears, my stress, and every secret tension in my heart to You. Heal me from the inside out. Let my blood pressure align with divine peace. I speak peace to my heart, rest to my mind, and health to my body. In Jesus’ mighty name, Amen.

Daily Healing Declaration

I walk in divine peace and health.
My heart is calm, my blood flows freely, and my body aligns with heaven’s rhythm.
No stress has power over me.
I am strong, stable, and healed by the power of God.
By His stripes, I am healed. Amen!

Action Point

- Brew and drink hibiscus tea today—unsweetened.
- Spend 10 minutes in silent prayer or scripture meditation (Psalm 46:10).

- Ask the Holy Spirit: Who do I need to forgive to release hidden tension?

Journal Prompt

- What burden have I been carrying in silence?
- What would it look like to let Jesus carry that for me today?

Healing Group Discussion Questions

1. Can stress or emotional wounds be spiritual causes of physical illness? Share a personal example.
2. What are some practical ways you've found peace in stressful seasons?
3. Is there someone you need to forgive or something you need to release today?

Reflection Moment

Close your eyes and take five deep breaths.

Picture your heart resting in God's hand—safe, still, and unburdened.

Now whisper aloud:

“I am held. I am healed. I am whole.”

Day 2 – Freedom from Diabetes (Type 2 & Blood Sugar Imbalance)

“Healing doesn’t just lower sugar—it revives your soul.”

Focus Verse

“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 (NIV)

Global Health Challenge

Over **537 million people worldwide** live with diabetes. For many, it's a daily struggle of needles, pills, fatigue, and fear. But often, beneath the sugar imbalance is something deeper: a soul running on empty—hungering for more than food. God wants to satisfy that hunger and restore balance to your body.

Healing Remedies from Creation: Bitter Leaf (*Vernonia amygdalina*) + Cinnamon (*Cinnamomum verum*) + Fenugreek (*Trigonella foenum-graecum*)

Herbal Formula #1 – Bitter Leaf Juice (*Vernonia amygdalina*)

- **What You Need:** 5–7 fresh bitter leaves
- **How to Use:** Wash thoroughly, crush or squeeze leaves into ½ cup of water, strain. Drink ½ **glass daily** on an empty stomach for 14 days. Rest for 7 days. Repeat.

Herbal Formula #2 – Cinnamon & Fenugreek Tea

- **What You Need:**
 - 1 tsp cinnamon powder (*Cinnamomum verum*) or 1 cinnamon stick
 - 1 tsp fenugreek seeds (*Trigonella foenum-graecum*)
- **How to Use:** Boil both in 1 cup of water for 10 minutes. Strain and drink **once daily**, preferably in the morning.

Monitor your sugar levels if you're on medication. Natural healing can reduce dosage needs.

Healing Insight: The Sugar of the Soul

Many times, diabetes is more than a diet issue—it's a devotion issue. The body craves sweetness when the heart is bitter, dry, or broken. Jesus said, "I am the Bread of Life." When your soul feeds on Him, physical cravings begin to lose their hold. Healing begins at the table of worship.

Real Story – India & Kenya (Expanded)

Raj's Journey – Mumbai, India

Raj was a 48-year-old accountant who lived a fast-paced, high-stress life. He loved sweets—especially after long workdays. Diagnosed with Type 2 diabetes, he felt angry with God and himself. "Why me?" he cried.

One day, a Christian colleague shared a devotional about healing through God's creation and suggested cinnamon and fenugreek tea. Raj reluctantly agreed. As he sipped, he

also began reading Psalm 103 aloud each morning, declaring:

“He forgives all my sins and heals all my diseases.”

In three months, his blood sugar dropped. But even more, his faith returned. He began journaling, forgiving his estranged brother, and leading prayer in his workplace. “Healing came when I stopped blaming God and started worshiping Him again,” he said.

Mama Grace – Kisumu, Kenya

At 65, Mama Grace had lived with diabetes for 12 years. Weak, frustrated, and tired of drugs, she cried out in prayer: “Lord, I need Your mercy.” She dreamed of her mother preparing bitter leaf soup—something she hadn’t eaten in years.

Waking up with conviction, she plucked bitter leaves from her backyard and began juicing them each morning while praying in tongues. She walked for 20 minutes daily, cut carbs at night, and fasted weekly with Psalm 107:20 on her lips.

Her next clinic report shocked the nurses. Her sugar had stabilized.

“I don’t just feel better,” she said through tears, “I feel born again in my body.”

Prayer for Healing

Jesus, You are the true sweetness my soul craves.
Heal me from the inside out.
Balance my body, restore my insulin, and cleanse my
bloodstream.
Remove emotional weight, bitterness, and grief.
Let me delight in Your presence more than in sugar.
You are my Bread. You are my Life. I receive my healing
by faith.
Amen.

Daily Healing Declaration

My sugar levels are coming into divine alignment.
My body receives healing, and my spirit is satisfied in
Christ.
I have the discipline of the Holy Spirit.
I do not crave what destroys me.
My cells are healed. My faith is alive. My soul is nourished.
By His stripes, I am healed.
Amen.

Action Point

Replace your sugary drinks today with cinnamon-fenugreek
tea.

Start a gratitude journal—write 3 things you're thankful for
before eating.

Go for a 15-minute walk while meditating on Psalm 103:1–
5.

Journal Prompt

Where do I turn for comfort when I feel overwhelmed?
What does my soul truly hunger for today?

Healing Group Discussion Questions

1. How does emotional emptiness affect physical cravings?
2. In what ways can you practice discipline that brings life and healing?
3. What scriptures have helped you renew your mind and body during sickness?

Reflection Moment

Hold your hands over your belly and pray:

“Lord, You created this body. Bring it back into balance.”
Now whisper aloud:
“I am healed. I am whole. I am satisfied in You.”

Day 3 – Healing from Arthritis & Joint Pain

“Your bones were made to move. God’s Word can restore what pain has frozen.”

Focus Verse

“He gives strength to the weary and increases the power of the weak.” — Isaiah 40:29 (NIV)

Global Health Challenge

Over **350 million people globally** suffer from arthritis or chronic joint pain, making even simple tasks like walking, bathing, or sleeping difficult. It steals dignity, independence, and often leads to depression. But the same God who knit bones in the womb can strengthen joints again. **Healing is still His will.**

Healing Remedies from Creation:

Turmeric (*Curcuma longa*) + Ginger (*Zingiber officinale*) + Moringa (*Moringa oleifera*)

Herbal Formula #1 – Anti-Inflammatory Joint Tea

- **What You Need:**
 - 1 tsp turmeric powder (*Curcuma longa*)
 - 1/2 tsp grated fresh ginger (*Zingiber officinale*)
 - A pinch of black pepper (enhances absorption)
- **How to Use:** Boil in 1 cup of water for 10 minutes. Strain and drink **once or twice daily**, preferably after meals.

Herbal Formula #2 – Moringa Paste & Oil

Rub (*Moringa oleifera*)

- **Internal:** Add 1 tsp moringa powder to smoothies or warm tea daily.
- **Topical:** Mix moringa oil with a few drops of eucalyptus oil and gently massage painful joints twice daily.

Note: Those with gallbladder issues should moderate turmeric intake. Always monitor for personal reactions.

Healing Insight: Frozen Faith, Frozen Bones

Chronic pain doesn't just limit your movement—it attacks your mindset. You begin to expect pain, speak pain, and live small. But Jesus healed the man with the withered hand not only to restore his body—but to restore his purpose. **When your pain becomes your prayer, power returns.**

Real Story – Jamaica & South Africa (Expanded)

Marcia's Comeback – Kingston, Jamaica

Marcia, 59, had always loved gardening. But arthritis crept into her fingers and knees, making it unbearable to hold tools or stand for long. Doctors told her to prepare for a wheelchair.

But one Sunday, her pastor anointed her with oil and declared, *"Your hands will dig the ground again."* She wept. That week, she began drinking turmeric-ginger tea, massaging her knees with moringa oil, and speaking Psalm 18:33 daily:

"He makes my feet like the feet of a deer."

One month later, Marcia was back in her garden. She now teaches a small class of young girls how to grow herbs for

healing. “God didn’t just heal me,” she says, “He gave me a new mission.”

Daniel’s Breakthrough – Cape Town, South Africa

Daniel, 67, had severe rheumatoid arthritis that left him dependent on painkillers. His daughter introduced him to a Christian wellness program online where he learned about turmeric, forgiveness therapy, and gentle faith-based stretching.

As he combined the tea with daily declarations, his pain reduced from level 9 to level 2 in three weeks. He now opens every family devotion by saying:

“Speak to your bones—they listen when heaven speaks.”

Prayer for Healing

Lord, You formed my bones and numbered every joint.
You are the Resurrection and the Life—even in my body.
Today, I command every inflammation to go.
Let the oil of joy replace the ache of sorrow.
I receive strength in my bones, flexibility in my joints, and
fire in my faith.
This pain will not define me—Your power will. In Jesus’
name, Amen.

Daily Healing Declaration

My joints are oiled by divine power.
Pain has no place in this body.
I move with strength, I walk with joy, I rise with healing.
My bones respond to the voice of God.
I am healed, whole, and walking in purpose.
Amen!

Action Point

- Brew turmeric-ginger tea and declare Isaiah 40:29 while drinking.
- Stretch gently in faith. Speak healing into your joints.
- Massage affected areas with moringa or olive oil while praying.

Journal Prompt

- What activities has pain stolen from you?
- What do you believe God wants to restore through your healing?

Healing Group Discussion Questions

1. How has chronic pain affected your mindset or spiritual energy?
2. What scriptures strengthen you when your body feels weak?
3. How can we help others walk through pain with faith—not fear?

Reflection Moment

Lay your hands on your knees, elbows, or any affected joint.

Say aloud:

“Holy Spirit, oil my joints with power. I move again in Jesus’ name.”

Then stand, if you can, and say:

“I rise. I walk. I’m healed.”

Day 4 – Healing from Ulcers & Digestive Disorders

“When God speaks peace to your stomach, your whole being rests.”

Focus Verse

“You will serve the Lord your God, and He will bless your bread and your water. And I will remove sickness from among you.” — Exodus 23:25 (ESV)

Global Health Challenge

Millions suffer silently from peptic ulcers, acid reflux, and chronic digestive issues. These disorders are often rooted in poor diet, medication overuse, and deep emotional stress. Yet Jesus, who broke bread and blessed it, still speaks peace to the digestive system today.

**Healing Remedies from Creation: Plantain (*Musa paradisiaca*) Peel Tea + Cabbage (*Brassica oleracea*) Juice + Licorice Root (*Glycyrrhiza glabra*)
Herbal Formula #1 – Plantain Peel Tea (*Musa paradisiaca*)**

- **What You Need:** Peel from 1 unripe (green) plantain
- **How to Use:** Wash, slice, and boil the peel in 2 cups of water for 10–15 minutes. Strain and drink **1 cup morning and night** on an empty stomach.
- Helps coat the stomach lining, reduces acid, and promotes healing.

Herbal Formula #2 – Cabbage Juice (*Brassica oleracea*)

- **What You Need:** Half a medium cabbage

- **How to Use:** Blend or juice with a little water. Drink ½ to 1 cup fresh every morning for 1–2 weeks.
- Contains glutamine and antioxidants that rebuild the stomach lining.

Optional Add-On – Licorice Root Tea (*Glycyrrhiza glabra*)

- Soothes and strengthens the stomach lining.
- Use sparingly (1 cup/day, max 2 weeks) if not hypertensive.

Avoid spicy, acidic, and processed foods during this healing period. Rest your gut and spirit alike.

Healing Insight: Inner Fire or Inner Peace?

Many ulcers aren't caused by food—but by fear. Anxiety, anger, or bitterness create acid in the soul that overflows into the belly. Jesus didn't just calm storms in nature—He calms the storm within. Your gut is your second brain. **When your spirit is at rest, your digestion aligns.**

Real Story – Ghana & Philippines (Expanded)

Kwame's Freedom – Kumasi, Ghana

At 31, Kwame was a rising entrepreneur, but stress became his secret torment. He skipped meals, lived on coffee, and burned out. Soon, ulcers tore at his belly, leaving him doubled over in pain.

After a night of tears, he cried to God and was led to fast—not from food, but from stress. A prophet in his church gave him a simple remedy: plantain peel tea.

Kwame began every day with it, speaking Psalm 30:2: *“Lord my God, I called to You for help, and You healed me.”*

Within two weeks, the burning subsided. He now runs a wellness café and mentors young entrepreneurs to **“work hard but rest in God.”**

Maria’s Miracle – Cebu, Philippines

Maria, a mother of four, lived on antacids and fear. Her doctor warned that her ulcer could lead to internal bleeding. Then she joined a Christian women’s Zoom group focused on natural healing. She learned about cabbage juice and began drinking it while declaring healing scriptures daily.

One night during worship, she felt a heat go through her belly. “I knew instantly—I was healed,” she cried.

A month later, her endoscopy showed no ulcer. She now testifies boldly:

“God turned my pain into power—and healed me through what I had in my fridge!”

Prayer for Healing

Heavenly Father,

You are the Bread of Life and the Living Water. Speak peace to my gut.

Let every ulcer dissolve, every acid calm, and every lining be rebuilt.

Heal what worry has broken. Restore what stress has stolen.

Let my inner man be flooded with Your rest.

I believe my digestive system is blessed, balanced, and whole.

In Jesus’ name, Amen.

Daily Healing Declaration

My stomach is strong, my digestion is peaceful, and my soul is at rest.

The Lord has healed me inside and out.

Every ulcer dries up, and inflammation leaves my body.

I eat with joy, I digest in peace, I live without fear.

By the stripes of Jesus, I am healed.

Amen!

Action Point

- Brew and drink plantain peel tea or cabbage juice today.
- Avoid acidic or processed foods—practice gentle eating.
- Take a 10-minute gratitude break before meals to reduce stress and promote healing.

Journal Prompt

- What is my stomach saying that my spirit hasn't yet heard?
- Is there something I need to let go of emotionally to be healed physically?

Healing Group Discussion Questions

1. Have you ever experienced stomach issues during seasons of stress?
2. What lifestyle or emotional shifts helped your digestion improve?
3. How can you use food, prayer, and peace as healing tools together?

Reflection Moment

Place your hand over your belly and breathe deeply.

Now pray:

“Holy Spirit, speak peace to my inner world.”

Declare boldly:

“My gut is healed. My heart is calm. My healing has come.”

Day 5 – Healing from Depression & Emotional Exhaustion

“He restores my soul... because your soul matters to your healing.”

Focus Verse

“Why are you downcast, O my soul? Put your hope in God, for I will yet praise Him, my Savior and my God.” — Psalm 42:11 (NIV)

Global Health Challenge

More than **300 million people worldwide** suffer from depression, anxiety, or emotional fatigue. It’s the leading cause of disability globally. For believers, it often brings guilt — “Why can’t I just pray this away?” But depression is not weakness — it’s a signal. A sacred invitation to healing, rest, and renewal.

Healing Remedies from Creation: St. John’s Wort (*Hypericum perforatum*) + Ashwagandha (*Withania somnifera*) + Lavender (*Lavandula angustifolia*)

Herbal Formula #1 – St. John’s Wort Tea or Tincture (*Hypericum perforatum*)

- **What You Need:** 1–2 tsp dried herb or a dropper of tincture
- **How to Use:**
 - Brew in 1 cup hot water for 10 minutes and drink **once or twice daily**.
 - Alternatively, take **1 dropper of tincture** in water once daily.

- **Warning:** Avoid if on antidepressants or sunlight-sensitive. Consult a qualified herbalist or doctor.

Herbal Formula #2 – Ashwagandha Root

Tea (*Withania somnifera*)

- **What You Need:** 1 tsp ashwagandha powder
- **How to Use:** Boil in milk or water for 10 minutes. Drink once daily, preferably before bedtime.
- Restores adrenal health, balances cortisol, calms nerves.

Bonus – Lavender Oil Diffusion or Bath (*Lavandula angustifolia*)

- Add **5–10 drops** in warm bath or diffuser to reduce anxiety and improve sleep.

Healing Insight: Don't Silence the Cry of the Soul

David, Elijah, Jeremiah—even Jesus—felt deep emotional sorrow. Depression doesn't disqualify you from God's love or purpose. In fact, it may **qualify** you to experience His healing at a deeper level. The soul, like the body, can bleed. But God is the Restorer of souls (Psalm 23:3). He heals what others can't see.

Real Story – UK & Brazil (Expanded)

James' Awakening – Manchester, UK

James, a 39-year-old worship leader, was known for lifting others in joy—but he himself was sinking. Secret depression set in after his wife left, and he masked it behind ministry. One day he collapsed, physically and emotionally, and confessed, *"I don't want to die—but I don't know how to live."*

His pastor suggested St. John's Wort and referred him to a Christian therapist. James began journaling psalms, taking

herbal teas, and diffusing lavender before sleep. Slowly, the fog lifted.

“*God didn’t shame me—He sat with me,*” James shared later. Today, he leads a support group for men battling emotional exhaustion.

Luiza’s Light – São Paulo, Brazil

Luiza, 22, had suffered silent trauma from childhood abuse. Depression followed her like a shadow. One night, she read Isaiah 61:3:

“A garment of praise for the spirit of heaviness.”

She cried herself to sleep holding that verse.

The next day, a friend gave her a lavender-scented Bible journal and invited her to a healing retreat. There, she learned to pray, worship, and use ashwagandha root to calm her anxiety.

Luiza now runs a blog called “*Praised from the Ashes*”, helping survivors walk from trauma into triumph.

Prayer for Healing

Father,

You see the tears no one sees, and You understand the ache in my soul.

I surrender my heaviness. I release the pressure to be “fine.”

Restore joy where sorrow sat too long.

Flood my heart with Your presence and my mind with Your peace.

Let light break into the places where darkness lingered.

I receive emotional healing now. In Jesus’ name, Amen.

Daily Healing Declaration

My mind is sound. My heart is whole.
I reject the lie that I must live in despair.
The joy of the Lord is returning to my soul.
I have peace. I have hope. I have healing.
In Christ, I rise again.
Amen!

Action Point

- Brew St. John's Wort or Ashwagandha tea and drink it prayerfully.
- Write down 3 emotions you feel—and lay them at the feet of Jesus in prayer.
- Listen to one uplifting worship song today and sing along with faith.

Journal Prompt

- What pain or emotion have I been hiding from God or others?
- What would healing look like emotionally—not just physically?

Healing Group Discussion Questions

1. Why do we sometimes feel ashamed of emotional pain—even in church?
2. How can believers better support those going through depression or burnout?
3. What scripture or worship song has brought light to your soul during dark times?

Reflection Moment

Sit in silence for 3 minutes.

Lay your hand over your heart and breathe deeply.

Now whisper aloud:

“Jesus, restore my soul. I am not alone. I am being healed.”

Day 6 – Healing for the Eyes: Short-sightedness & Long-sightedness

“Your eyes were made to see clearly — in the natural and in the Spirit.”

Focus Verse

“Then their eyes were opened and they recognized Him...” — Luke 24:31 (NIV)

Global Health Challenge

Over **2.2 billion people** globally have vision impairment or blindness, with uncorrected refractive errors (like myopia and hyperopia) being the most common. Yet God, who made eyes to see, is still opening physical and spiritual vision today. Healing begins when we believe we are not doomed to blurry futures.

Healing Remedies from Creation:

Eyebright (*Euphrasia officinalis*) + Carrot (*Daucus carota*) + Fennel Seeds (*Foeniculum vulgare*) + Amla (*Phyllanthus emblica*)

Herbal Formula #1 – Eyebright Eye Wash (*Euphrasia officinalis*)

- **What You Need:** 1 tsp dried eyebright herb
- **How to Use:**
 - Boil in 1 cup of water for 10 minutes, strain thoroughly. Let cool.
 - Use as an eye wash or soak clean cotton pads and place on closed eyelids **for 10–15 minutes**, twice daily.

- Reduces eye strain, dryness, and inflammation.

Herbal Formula #2 – Amla-Carrot Juice

Blend (*Phyllanthus emblica* + *Daucus carota*)

- **What You Need:**
 - 1 cup fresh carrot juice
 - 2 tsp amla (Indian gooseberry) powder or ½ cup fresh juice
- **How to Use:** Mix and drink **1 glass daily** on an empty stomach.
 - Rich in vitamin A and antioxidants that improve vision clarity.

Herbal Formula #3 – Fennel Seed Tea (*Foeniculum vulgare*)

- Boil 1 tsp fennel seeds in 1 cup of water for 10 mins. Strain and drink daily to improve eyesight over time.

Be cautious with direct eye applications. Always ensure sterilized preparation. Seek guidance if irritation occurs.

Healing Insight: What Are You Focusing On?

Short-sightedness is not just a physical condition. Many only see the “now” — their fears, problems, or pressures. Long-sightedness often means seeing the distant future but missing what’s happening today. But God heals both — to make us **clear-sighted, balanced, and aware**. Jesus often healed blind eyes to point to a deeper truth: *He also restores vision to the soul.*

Real Story – Nigeria & Canada (Expanded)

Tolu’s Testimony – Lagos, Nigeria

Tolu, a 17-year-old student, struggled with blurry vision and had trouble reading from the chalkboard. Her parents

couldn't afford prescription glasses. Her grandmother, a traditional Christian herbalist, gave her amla-carrot juice every morning and fennel tea at night while praying over her eyes.

She also led Tolu in declaring Psalm 119:18 daily:

“Open my eyes, that I may see wonderful things in Your law.”

Within one month, her vision improved enough to read clearly and follow her lessons. Her school principal testified, “This girl glows now—spiritually and physically.”

Adele's Awakening – Toronto, Canada

Adele, 58, was diagnosed with early-stage macular degeneration. She panicked. But during a prophetic worship service, someone laid hands on her and said, *“God is giving you eagle eyes again.”*

She began using eyebright compresses, drinking amla juice, and memorizing scriptures on light and vision. Her favorite became 2 Kings 6:17:

“Lord, open his eyes so that he may see.”

Three months later, her ophthalmologist was surprised: no further degeneration. Adele whispered, “I don't just see better. I see differently.”

Prayer for Healing

Lord Jesus,

You opened blind eyes with mud and miracles.

Touch my eyes now—every cell, every nerve, every layer.

Restore my physical sight and sharpen my spiritual perception.

I refuse to walk in darkness or blur. I will see clearly.

Show me what You see. Make me a witness of healing.

In Your name I pray, Amen.

Daily Healing Declaration

My eyes are blessed.

I see clearly—now and in the future.

Every fog is lifting, every blur is leaving.

I walk in light, not confusion.

God restores my sight—inside and out.

Amen!

Action Point

- Drink a fresh glass of carrot-amla juice today.
- Prepare and use an eyebright compress while declaring healing.
- Lay hands over your eyes and speak restoration over them in prayer.

Journal Prompt

- What have I been blind to—spiritually, emotionally, or physically?
- What do I believe God wants me to start seeing clearly?

Healing Group Discussion Questions

1. How has poor physical or spiritual vision affected your decisions?
2. What does it mean to see with faith rather than fear?
3. Share a moment when God opened your “eyes” to something new.

Reflection Moment

Close your eyes gently. Breathe deeply.

Place your hands over them and pray:

“Lord, open my eyes to see what You’re doing in me.”

Now open your eyes slowly and say aloud:

“I see with faith. I see with clarity. I see with power.”

Day 7 – Healing from Asthma & Respiratory Conditions

“The breath of the Almighty gives me life again.”

Focus Verse

“The Spirit of God has made me, and the breath of the Almighty gives me life.” — Job 33:4 (ESV)

Global Health Challenge

Asthma and chronic respiratory diseases affect over **339 million people globally**, with millions struggling to breathe during stress, pollution, or allergic reactions. Breath is life—and when it’s under attack, so is your peace. But God still breathes into dry bones. The lungs can live again.

Healing Remedies from Creation:

Mullein (*Verbascum thapsus*) + Eucalyptus (*Eucalyptus globulus*) + Thyme (*Thymus vulgaris*) + Ginger (*Zingiber officinale*)

Herbal Formula #1 – Mullein & Thyme Lung Tea

- **What You Need:**
 - 1 tsp mullein leaves (*Verbascum thapsus*)
 - 1 tsp dried thyme (*Thymus vulgaris*)
- **How to Use:** Steep in 1 cup boiling water for 10 minutes. Strain through fine mesh (mullein has tiny hairs).
- Drink **twice daily** to reduce inflammation, open airways, and ease coughing.

Herbal Formula #2 – Eucalyptus Steam Inhalation (*Eucalyptus globulus*)

- **What You Need:** 5–10 drops eucalyptus oil in hot water
- **How to Use:** Inhale steam under a towel for 5–7 minutes once a day. Clears mucus, opens bronchial passages.

Herbal Formula #3 – Ginger Honey Syrup (*Zingiber officinale*)

- Grate 1-inch ginger into 1/2 cup water. Simmer for 5 mins.
- Add 1 tbsp raw honey and take **1 tsp 2–3 times daily** to soothe airways.

Do not use eucalyptus oil internally. Always test for allergies. Avoid thyme in pregnancy.

Healing Insight: Breath is Worship

When God formed man, He breathed into him—and he became alive. That same breath is still flowing. When the enemy attacks your breathing, he’s attacking your **praise**. Asthma may restrict your lungs, but it cannot silence your worship unless you let it. When you inhale by faith and exhale in worship, heaven responds.

Real Story – Egypt & New Zealand (Expanded)

Kareem’s Breath Back – Cairo, Egypt

Kareem, 11, had suffered from asthma since age 4. His mother feared every dusty day or cold night. Medications helped, but never fully. One day in Sunday school, his teacher taught on the breath of God and gave the children Psalm 150:6:

“Let everything that has breath praise the Lord.”

That night, Kareem asked, “Can I breathe and praise at the same time?” His parents introduced him to mullein-thyme tea and ginger syrup. They also prayed over him daily.

Within three weeks, he had no attacks. By six months, no inhaler. Today, Kareem is a teenage worship leader—his breath is now his ministry.

Hannah’s Healing – Auckland, New Zealand

Hannah, 32, a professional singer, faced recurring bronchitis and chronic wheezing. Doctors warned she might lose vocal capacity. One day during her devotion, she read Job 33:4 and wept:

“Lord, breathe life into my lungs again.”

She began daily eucalyptus inhalations and herbal teas. But more than that—she turned her prayer time into “breathwork worship,” singing in tongues softly while breathing deeply. Within 2 months, her lungs cleared. Today, she leads worship across New Zealand and says, *“The Holy Spirit is my oxygen now.”*

Prayer for Healing

Breathe on me, Breath of God.

Restore my lungs, renew my praise.

Clear every passage blocked by fear, infection, or inflammation.

Let Your wind blow through me again—fresh, free, and strong.

Let every cell receive divine oxygen.

I declare, I shall breathe deeply, laugh freely, and praise loudly.

In Jesus’ name, Amen.

Daily Healing Declaration

I breathe freely.

My lungs are filled with the breath of God.

Asthma, cough, and bronchitis have no dominion over me.
My breath is for praise.
My airways are opening. My peace is flowing.
I live, I breathe, I praise.
Amen!

Action Point

- Brew mullein-thyme tea or ginger syrup today and speak life over your lungs.
- Do 5 minutes of slow, deep breathing while repeating Job 33:4.
- Inhale eucalyptus steam as you thank God for every breath.

Journal Prompt

- What emotions are tied to your breathing patterns—fear, anger, restlessness?
- In what ways can you invite the Holy Spirit to breathe life into your daily routine?

Healing Group Discussion Questions

1. How does breathing affect your spiritual life and physical state?
2. What are practical ways to combine worship and wellness in your daily life?
3. Share a moment where you felt God's breath—literally or spiritually—bring renewal.

Reflection Moment

Sit in stillness. Place your hands gently over your chest. Inhale deeply. Exhale slowly. Repeat this 3 times. Now declare aloud:

“The Spirit of God made me. The breath of the Almighty gives me life.”

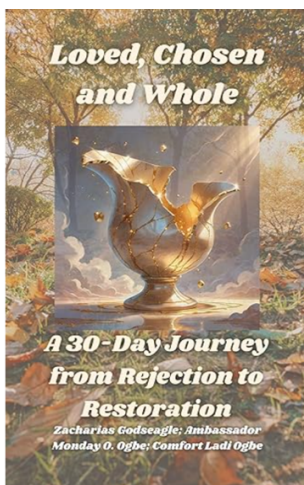
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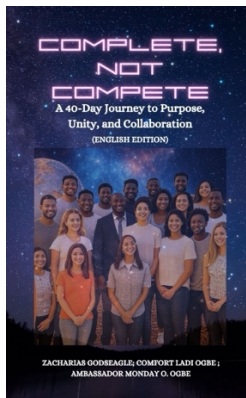
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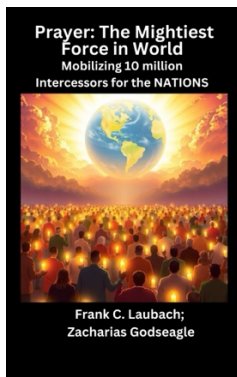
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DIVINE HEALTH CODE – APPENDICES

SCRIPTURE INDEX (Arranged by Theme)

Healing & Wholeness

- Exodus 15:26 – "I am the Lord who heals you."
- Psalm 103:2-3 – "He forgives all your sins and heals all your diseases."
- Jeremiah 30:17 – "I will restore you to health and heal your wounds."
- Isaiah 53:5 – "By His stripes we are healed."
- 1 Peter 2:24 – "By His wounds you have been healed."
- Mark 16:18 – "They shall lay hands on the sick, and they shall recover."

Prayer & Faith

- James 5:14-15 – "Anoint with oil and pray over the sick."
- Matthew 21:22 – "If you believe, you will receive."
- Hebrews 11:1 – "Faith is the substance of things hoped for."

Healing from Creation

- Genesis 1:29 – "I have given you every herb... for food."
- Revelation 22:2 – "The leaves of the tree are for the healing of the nations."

- Ezekiel 47:12 – "Their fruit will be for food, and their leaves for medicine."

Lifestyle & Wellness

- 3 John 2 – "I wish above all things that you may prosper and be in health."
- Proverbs 3:7-8 – "Fear the Lord... it will bring health to your body."
- 1 Thessalonians 5:23 – "May your whole spirit, soul, and body be preserved."
- Proverbs 4:20-22 – "They are life to those who find them and health to one's whole body."

Deliverance & Restoration

- Luke 4:18 – "He has sent Me to heal the brokenhearted."
- Isaiah 61:1-3 – "To give beauty for ashes, the oil of joy for mourning."

HERBAL REMEDY INDEX

Anti-Inflammatory & Pain Relief

- Turmeric (*Curcuma longa*)
- Ginger (*Zingiber officinale*)
- Willow Bark (*Salix alba*)
- Moringa (*Moringa oleifera*)

Immune Boosters

- Echinacea
- Neem (*Azadirachta indica*)
- Holy Basil (*Ocimum sanctum*/Tulsi)
- Garlic (*Allium sativum*)

Mental & Neurological Support

- Ashwagandha (*Withania somnifera*)
- Brahmi (*Bacopa monnieri*)
- Gotu Kola (*Centella asiatica*)
- Ginkgo Biloba

Digestive Health

- Peppermint (*Mentha piperita*)
- Fennel Seed (*Foeniculum vulgare*)
- Licorice Root (*Glycyrrhiza glabra*)
- Aloe Vera

Hormonal & Reproductive

- Maca Root (*Lepidium meyenii*)
- Red Raspberry Leaf
- Chaste Tree Berry (*Vitex agnus-castus*)
- Fenugreek (*Trigonella foenum-graecum*)

Organ Cleansers (Liver, Kidney, Blood)

- Dandelion Root (*Taraxacum officinale*)
- Milk Thistle (*Silybum marianum*)
- Burdock Root (*Arctium lappa*)
- Parsley (*Petroselinum crispum*)

Respiratory Relief

- Thyme (*Thymus vulgaris*)
- Eucalyptus
- Licorice Root
- Mullein (*Verbascum thapsus*)

Skin & Detox

- Calendula (*Calendula officinalis*)
- Aloe Vera
- Neem
- Nettle (*Urtica dioica*)

Nutritional Superfoods

- Spirulina
- Chlorella
- Flaxseed

- Black Seed (*Nigella sativa*)

HEALTH CONDITION INDEX (All 80 Conditions Not in Particular order)

1. High Blood Pressure (Hypertension) + Asthma
2. Diabetes (Type 2) + Sleep Disorders
3. Arthritis + Joint Pain
4. Digestive Disorders (IBS) + Hormonal Imbalance
5. Depression + Anxiety
6. Eye Conditions (Short/Long Sightedness)
7. Stroke Recovery + Paralysis
8. Chronic Fatigue + Migraine
9. Cancer
10. Fertility Issues (PCOS, Erectile Dysfunction)
11. Respiratory Conditions (Flu, Bronchitis) + Tiredness
12. Skin Conditions + Autoimmune Disorders
13. Ulcers + Acid Reflux
14. Thyroid Disorders + Emotional Trauma
15. Ear Infection + Hearing Loss
16. Hormonal Mood Swings + Menstrual Irregularities
17. Kidney Disease + Liver Disease
18. Malaria + Typhoid Fever
19. Gallstones + Pancreatitis
20. Anemia + Sickle Cell Disease
21. Hair Loss + Scalp Disorders
22. Constipation + Bloating
23. Vomiting + Food Poisoning
24. Bladder Infection (UTI) + Frequent Urination
25. Nasal Congestion + Sinusitis
26. Womb Disorders + Fibroids
27. Parkinson's Disease + Vertigo
28. Peptic Ulcer + Chronic Stomach Pain

29. Toothache + Oral Infections
30. Seizures + Collapse Episodes
31. Schizophrenia + Bipolar Disorder
32. Hernia + Groin Pain
33. Appendicitis + Intestinal Blockage
34. Allergies (Severe) + Environmental Sensitivities
35. Erectile Dysfunction + Low Libido
36. Post-Stroke Trauma + Nervous Disorders
37. Chronic Back Pain + Sciatica
38. Lupus + Chronic Inflammation
39. Obesity + Metabolic Syndrome
40. Postpartum Recovery + Childbirth Trauma