

The **7** Foundations of **Faith**

(30 Scriptures for Steadfast Trust)

Volume 3 **Healing &** **Restoration**

Rooted in Scripture.
Strengthened in Faith.
Steadfast in Christ.

RETAG Foundation

About This Series

The *7 Foundations of Faith* series was created to provide believers with a structured and Scripture-centered journey through the essential pillars of Christian life.

In a time when fear, uncertainty, and emotional instability are common, we believe the answer is not found in human motivation but in the unchanging Word of God.

Each volume in this series focuses on one foundational area of spiritual growth:

- Fear & Anxiety
- Worry & Stress
- Healing & Restoration
- Hope & Future
- Love
- Strength & Encouragement
- Comfort in Grief

These journals are designed to help you slow down, reflect deeply, and anchor your heart in biblical truth over 30 days.

This is not a quick devotional. It is a guided Scripture discipline.

Our prayer is that through daily meditation on God's Word, your mind would be renewed, your faith strengthened, and your heart steadied in Christ.

How to Use This Guide

This journal is designed to be used over 30 days.

Each day includes:

- A carefully selected Scripture
- A key biblical truth
- Reflection questions
- A guided prayer
- Space for personal journaling

We encourage you to:

- 1. Read** the Scripture slowly and thoughtfully.
- 2. Reflect** honestly on the questions.
- 3. Write** your response without rushing.
- 4. Pray** the provided prayer as a starting point, then continue in your own words.

Consistency matters more than speed.

Set aside a specific time each day.

Return to the previous entries as needed.

Allow Scripture—not emotion—to shape your understanding.

30 Scriptures for Steadfast Trust

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Jeremiah 30:17	Psalms 147:3	Isaiah 53:5	James 5:14-15	Exodus 15:26
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Psalms 41:3	3 John 1:2	Matthew 11:28	Psalms 103:2-3	Proverbs 17:22
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Mark 5:34	Luke 8:50	Psalms 30:2	Isaiah 40:29	Psalms 6:2
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
2 Kings 20:5	Matthew 8:17	Psalms 107:20	Malachi 4:2	Revelation 21:4
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Psalms 73:26	Isaiah 57:18	Luke 6:19	Psalms 41:4	John 9:3
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Matthew 9:35	Luke 17:15	Acts 10:38	Psalms 34:19	Isaiah 38:16

PHASE 1

Physical Restoration

DAY 1 /	DAY 2 /	DAY 3 /	DAY 4 /	DAY 5 /
Jeremiah 30:17	Psalms 147:3	Isaiah 53:5	James 5:14-15	Exodus 15:26
DAY 6 /	DAY 7 /	DAY 8 /	DAY 9 /	DAY 10 /
Psalms 41:3	3 John 1:2	Matthew 11:28	Psalms 103:2-3	Proverbs 17:22

DAY 1 “Christ restores”

Jeremiah 30:17 (WEB)

For I will restore health to you, and I will heal you of your wounds,” says Yahweh, “because they have called you an outcast, saying, ‘It is Zion, whom no man seeks after.’”

Reflection

1. Where do you feel “wounded” in body, and how have you been carrying it alone?
2. How does God’s promise to restore confront shame or isolation you’ve accepted?

Prayer

Lord Yahweh, You are the One who restores health and heals wounds. Forgive me for despairing as though my condition defines my future. Teach me to trust Your wisdom in the timing and manner of Your help. Strengthen me to seek You faithfully and to walk in obedience while I wait.

Journal

DAY 2 “Christ binds wounds”

Psalm 147:3 (WEB)
He heals the broken in heart,
and binds up their wounds.

Reflection

1. What “wound” has shaped your daily outlook more than God’s promises?
2. What would it look like to bring that wound honestly to the Lord today?

Prayer

Father, You heal the brokenhearted and bind up wounds with tender power. Forgive me for hiding pain behind busyness or silence. Teach me to receive Your care through Your Word and faithful fellowship. Let Your healing produce humility, gratitude, and steady trust in Christ.

Journal

DAY 3 *“By Christ healed”*

Isaiah 53:5 (WEB)

But he was pierced for our transgressions. He was crushed for our iniquities. The punishment that brought our peace was on him; and by his wounds we are healed.

Reflection

1. How does your view of suffering change when you remember Christ bore sin to bring peace?
2. Where do you need to confess sin and receive the healing Christ purchased?

Prayer

Lord Jesus, You were pierced and crushed for my sins, and You secured my peace. Forgive me for treating sin lightly and healing as merely physical comfort. Teach me to rest in Your atonement and to pursue holiness with gratitude. Let the peace You bought rule my heart and strengthen me in weakness.

Journal

DAY 4 “God heals by faith”

James 5:14–15 (WEB)

Is any among you sick? Let him call for the elders of the assembly, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will heal him who is sick, and the Lord will raise him up. If he has committed sins, he will be forgiven.

Reflection

1. Have you asked the church to pray with you, or have you isolated in fear and pride?
2. Is there any repentance God is calling for as you seek His mercy in sickness?

Prayer

Father, You command Your people to pray in faith and to care for the sick with humility. Forgive me for self-reliance and for neglecting the means of grace You have provided in the church. Give me courage to seek prayer and to walk in repentance and faith. Raise me up according to Your will, and let Your forgiveness and mercy be honored in my life.

Journal

DAY 5 “Yahweh heals”

Exodus 15:26 (WEB)

He said, “If you will diligently listen to Yahweh your God’s voice, and will do that which is right in his eyes, and will pay attention to his commandments, and keep all his statutes, I will put none of the diseases on you which I have put on the Egyptians; for I am Yahweh who heals you.”

Reflection

1. Where is God calling you to renewed obedience while you seek His healing?
2. How does God’s name as the Healer strengthen your confidence in His care?

Prayer

Lord Yahweh, You reveal Yourself as the One who heals. Forgive me for wanting relief without surrender and comfort without obedience. Teach me to listen diligently to Your voice and to walk in what is right before You. Keep me faithful, and let my life testify that You are wise, holy, and good in all You do.

Journal

DAY 6 “God sustains you”

Psalm 41:3 (WEB)

Yahweh will sustain him on his sickbed,
and restore him from his bed of illness.

Reflection

1. In what part of your illness do you most need God’s sustaining strength today?
2. How can you resist despair by remembering God’s power to restore?

Prayer

Yahweh, You sustain Your people on the sickbed and You restore according to Your mercy. Forgive me for measuring Your love by my symptoms or my energy. Strengthen me to depend on You moment by moment. Whether by healing or by endurance, glorify Christ in my weakness.

Journal

DAY 7 “God cares wholly”

3 John 1:2 (WEB)

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

Reflection

1. Is your soul prospering in Christ, or have you neglected spiritual health while seeking physical strength?
2. What would balanced stewardship of body and soul look like this week?

Prayer

Father, You care for the whole person—body and soul—under Your wise providence. Forgive me for compartmentalizing my faith from my daily health and habits. Teach me to pursue spiritual growth with seriousness and to honor You with my body. Let my life reflect steady devotion to Christ in every area.

Journal

DAY 8 “Christ gives rest”

Matthew 11:28 (WEB)

“Come to me, all you who labor and are heavily burdened, and I will give you rest.

Reflection

1. What burden have you carried that Christ commands you to bring to Him?
2. What does “coming to Jesus” look like for you today in practical steps?

Prayer

Lord Jesus, You invite the weary to come and receive true rest. Forgive me for seeking relief in distractions instead of communion with You. Teach me to come by faith, to submit to Your lordship, and to trust Your promises. Give me rest that strengthens obedience and renews hope.

Journal

DAY 9 “God heals diseases”

Psalm 103:2–3 (WEB)

Praise Yahweh, my soul, and don’t forget all his benefits, who forgives all your sins, who heals all your diseases,

Reflection

1. Which benefit of God are you most likely to forget when you feel weak?
2. How can praise reshape the way you interpret your health struggles?

Prayer

Yahweh, teach my soul to praise You and to remember Your benefits. Forgive me for forgetfulness and complaint that ignores Your mercy. Thank You for forgiveness through Christ and for Your power over every disease. Help me worship with integrity, trusting You whether You heal quickly or sustain me through a longer path.

Journal

DAY 10 “Joy strengthens”

Proverbs 17:22 (WEB)

A cheerful heart makes good medicine,
but a crushed spirit dries up the bones.

Reflection

1. What has been crushing your spirit and draining your strength?
2. How can you pursue godly joy without denying real hardship?

Prayer

Father, You designed the heart and You know how spiritual heaviness affects the body. Forgive me for feeding bitterness, fear, or self-pity. Teach me to seek joy rooted in truth, repentance, and gratitude in Christ. Renew my spirit so my life reflects steady faith under Your care.

Journal

PHASE 2

Emotional Renewal

DAY 11 /	DAY 12 /	DAY 13 /	DAY 14 /	DAY 15 /
Mark 5:34	Luke 8:50	Psalms 30:2	Isaiah 40:29	Psalms 6:2
DAY 16 /	DAY 17 /	DAY 18 /	DAY 19 /	DAY 20 /
2 Kings 20:5	Matthew 8:17	Psalms 107:20	Malachi 4:2	Revelation 21:4

DAY 11 *“Christ heals by faith”*

Mark 5:34 (WEB)

“Daughter,” he said to her, “your trust has healed you. Go in peace, and be healed of your disease.”

Reflection

1. Where do you need to trust Christ instead of trusting only outcomes and timelines?
2. What would “go in peace” look like in your daily routine while you seek healing?

Prayer

Lord Jesus, You are compassionate and powerful to heal. Forgive me for fear that doubts Your heart and Your authority. Strengthen my trust in You, whether my healing is immediate or gradual. Grant me peace that rests in Your lordship and leads me into faithful obedience.

Journal

DAY 12 “*Only believe Christ*”

Luke 8:50 (WEB)

But Jesus hearing it, answered him, “Don’t be afraid. Only believe, and she will be healed.”

Reflection

1. What fear is trying to silence your faith right now?
2. How can you practice “only believe” when evidence feels discouraging?

Prayer

Lord Jesus, You command faith in the face of fear. Forgive me for letting anxiety dictate what I believe about You. Strengthen my faith to rest in Your word and character. Help me obey Your commands with courage, trusting Your power and timing.

Journal

DAY 13 “*God answers cries*”

Psalm 30:2 (WEB)

Yahweh my God, I cried to you,
and you have healed me.

Reflection

1. When you cry to God, do you seek Him Himself or only relief?
2. What past healing should you remember to strengthen present faith?

Prayer

Yahweh my God, You hear the cries of Your people and You heal by Your mercy. Forgive me for prayerlessness and for impatient demands. Teach me to cry out with reverence and trust. Let gratitude grow in me as I remember Your faithfulness and await Your help.

Journal

DAY 14 “God gives strength”

Isaiah 40:29 (WEB)

He gives power to the weak.

He increases the strength of him who has no might.

Reflection

1. Where are you facing weakness that forces you to depend on God?
2. How can you distinguish God-given strength from mere self-will?

Prayer

Lord, You give power to the weak and strength to the one who has no might. Forgive me for pride that resists dependence. Teach me to receive strength through Your Word, prayer, and wise rest. Let Your power be seen in me so Christ is honored, not my resolve.

Journal

DAY 15 *“Have mercy Lord”*

Psalm 6:2 (WEB)

Have mercy on me, Yahweh, for I am faint.

Yahweh, heal me, for my bones are troubled.

Reflection

1. Where do you need to ask for mercy rather than pretending you are fine?
2. What does humble dependence on God look like in your suffering?

Prayer

Yahweh, I come to You for mercy because I am faint and troubled. Forgive me for pride that hides weakness and for unbelief that doubts Your kindness. Teach me to pray plainly and to rest under Your sovereign care. Heal and strengthen me as You see fit, and keep my heart faithful to You.

Journal

DAY 16 “God sees tears”

2 Kings 20:5 (WEB)

Turn back, and tell Hezekiah the prince of my people, ‘Yahweh, the God of David your father, says, “I have heard your prayer. I have seen your tears. Behold, I will heal you. On the third day, you will go up to Yahweh’s house.

Reflection

1. Where have you assumed God is distant from your pain and tears?
2. How can this verse shape your expectation for worship even in weakness?

Prayer

Yahweh, You hear prayer and You see tears with perfect compassion. Forgive me for thinking my suffering is unnoticed. Teach me to bring honest requests to You with reverent faith. Strengthen me to return to worship with gratitude, honoring You whether by healing or by endurance.

Journal

DAY 17 “Christ bore sickness”

Matthew 8:17 (WEB)
that it might be fulfilled which was spoken through Isaiah the prophet,
saying, “He took our infirmities and bore our diseases.”

Reflection

1. How does Christ bearing infirmities reshape your view of His compassion?
2. Where do you need to entrust your suffering to the Savior who carried burdens?

Prayer

Lord Jesus, You took infirmities and bore diseases, showing Your mercy in power. Forgive me for doubting Your compassion when pain lingers. Teach me to trust Your redeeming purposes even when I do not understand. Help me live under Your care, honoring You in body and spirit.

Journal

DAY 18 “*God heals by Word*”

Psalm 107:20 (WEB)

He sends his word, and heals them,
and delivers them from their graves.

Reflection

1. What word from God do you need to receive and obey amid your illness?
2. How can Scripture shape your daily hope more than symptoms do?

Prayer

Father, You heal and deliver by Your word and power. Forgive me for neglecting Scripture when I need it most. Teach me to listen, believe, and obey what You have spoken. Strengthen my hope in Christ, and deliver me from despair and fear.

Journal

DAY 19 “Righteous Sun heals”

Malachi 4:2 (WEB)

But to you who fear my name shall the sun of righteousness arise with healing in its wings. You will go out and leap like calves of the stall.

Reflection

1. How does fearing God’s name reshape the way you seek healing?
2. What would renewed strength and joy look like if God restores you?

Prayer

Lord, You promise healing and renewal to those who fear Your name. Forgive me for treating You casually while asking for Your help. Teach me reverence that trusts Your holiness and goodness together. Grant restoration that produces joyful obedience and grateful praise.

Journal

DAY 20 “Christ ends pain”

Revelation 21:4 (WEB)

He will wipe away every tear from their eyes. Death will be no more; neither will there be mourning, nor crying, nor pain any more. The first things have passed away.”

Reflection

1. How does the promise of final restoration strengthen you in present suffering?
2. What “first things” are you tempted to cling to instead of future hope?

Prayer

Father, You promise a day when tears, death, and pain will be no more. Forgive me for living as though this broken world is my final home. Anchor my hope in the coming kingdom secured by Christ. Teach me to endure with faith, longing for the day You make all things new.

Journal

PHASE 3

Spiritual Strength

DAY 21 /	DAY 22 /	DAY 23 /	DAY 24 /	DAY 25 /
Psalm 73:26	Isaiah 57:18	Luke 6:19	Psalm 41:4	John 9:3
DAY 26 /	DAY 27 /	DAY 28 /	DAY 29 /	DAY 30 /
Matthew 9:35	Luke 17:15	Acts 10:38	Psalm 34:19	Isaiah 38:16

DAY 21 “God is my strength”

Psalm 73:26 (WEB)

My flesh and my heart fails,
but God is the strength of my heart and my portion forever.

Reflection

1. Where has your strength failed in a way that exposes your true dependence?
2. What does it mean for God to be your “portion” when you feel depleted?

Prayer

Lord, when my flesh and heart fail, You remain my strength and portion forever. Forgive me for looking to created things as my ultimate security. Teach me to rest in You as my lasting inheritance in Christ. Strengthen my heart to worship and obey even in weakness.

Journal

DAY 22 “God restores paths”

Isaiah 57:18 (WEB)

I have seen his ways, and will heal him. I will lead him also, and restore comforts to him and to his mourners.

Reflection

1. What “ways” has God seen in you that need repentance and realignment?
2. Where do you need God’s leading, not just relief, as you pursue restoration?

Prayer

Father, You see our ways clearly, yet You heal, lead, and restore comforts by mercy. Forgive me for resisting Your correction while asking for Your help. Lead me in repentance and in renewed obedience. Restore comfort to me and to those affected by my suffering, that Christ may be honored.

Journal

DAY 23 “Power from Christ”

Luke 6:19 (WEB)

All the multitude sought to touch him, for power came out of him and healed them all.

Reflection

1. Do you seek Christ Himself, or only the benefits you hope to receive?
2. How can you draw near to Jesus today with faith-filled dependence?

Prayer

Lord Jesus, power comes from You, and You heal with authority and compassion. Forgive me for coldness of heart and distracted seeking. Teach me to draw near to You in prayer and in Your Word with steady faith. Whether by healing or by sustaining grace, let Your power produce worship and obedience in me.

Journal

DAY 24 *“Heal my soul”*

Psalm 41:4 (WEB)

I said, “Yahweh, have mercy on me!
Heal me, for I have sinned against you.”

Reflection

1. Is there sin you must confess honestly as you ask God for healing?
2. What would true repentance look like in your speech, habits, and choices?

Prayer

Yahweh, have mercy on me and heal me, for I have sinned against You. Forgive me for excusing sin or delaying confession. Grant me sincere repentance and a clean heart through Christ. Restore me in a way that produces holiness and humble gratitude.

Journal

DAY 25 “God’s works revealed”

John 9:3 (WEB)

Jesus answered, “This man didn’t sin, nor did his parents, but that the works of God might be revealed in him.

Reflection

1. Where have you wrongly assumed suffering must always be tied to personal guilt?
2. How might God reveal His works in you through faithful endurance?

Prayer

Lord Jesus, You speak truth that corrects our false judgments about suffering. Forgive me for accusing myself or others without wisdom. Help me trust that God can reveal His works even in weakness and limitations. Teach me to live faithfully so Your purposes are displayed with clarity and humility.

Journal

DAY 26 “Christ heals all”

Matthew 9:35 (WEB)

Jesus went about all the cities and the villages, teaching in their synagogues and preaching the Good News of the Kingdom, and healing every disease and every sickness among the people.

Reflection

1. How does Jesus’ compassion in healing shape your confidence in His character?
2. Where do you need to submit to His kingdom message, not only seek His help?

Prayer

Lord Jesus, You preached the Kingdom and healed the sick with compassion and authority. Forgive me for wanting Your gifts without receiving Your rule. Teach me to believe the good news and to follow You as Lord. Strengthen my faith to trust Your heart and Your wisdom in every outcome.

Journal

DAY 27 *“Praise the Healer”*

Luke 17:15 (WEB)

One of them, when he saw that he was healed, turned back, glorifying God with a loud voice.

Reflection

1. Do you turn back to glorify God when He helps you, or do you move on quickly?
2. What specific mercy can you name today that deserves thanksgiving and praise?

Prayer

Father, You are worthy of glory for every mercy and every act of healing. Forgive me for receiving blessings without returning in worship. Teach me to give thanks openly and sincerely. Let gratitude shape my life so that Christ is honored in my words and choices.

Journal

DAY 28 “Christ over evil”

Acts 10:38 (WEB)

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

Reflection

1. Where do you need to trust Christ’s authority over oppression and harm?
2. How can you pursue what is good while relying on the Spirit’s power?

Prayer

Lord Jesus, You were anointed with the Holy Spirit and power, and You went about doing good. Forgive me for fear that forgets Your authority and Your presence. Teach me to rely on You in prayer and to resist evil with faith and obedience. Strengthen me to walk in the good works God commands, under Your lordship.

Journal

DAY 29 “God delivers always”

Psalm 34:19 (WEB)

Many are the afflictions of the righteous, but Yahweh delivers him out of them all.

Reflection

1. Which affliction feels most threatening to your faith right now?
2. How can you hold together realism about suffering with confidence in deliverance?

Prayer

Yahweh, You do not promise a trouble-free life, but You do promise deliverance. Forgive me for panic that treats affliction as the final word. Strengthen my faith to endure as one made righteous by grace. Deliver me in the way You choose, and keep me steadfast until Your rescue is fully seen.

Journal

DAY 30 “God restores life”

Isaiah 38:16 (WEB)

Lord, men live by these things; and my spirit finds life in all of them.
You restore me, and cause me to live.

Reflection

1. What has God used to sustain your life and spirit in this season?
2. How can you respond to restoration with renewed faithfulness and worship?

Prayer

Lord, You restore and cause Your people to live by Your gracious hand. Forgive me for overlooking the ways You have sustained me day by day. Teach me to receive life as a gift and to steward it for Your glory. Strengthen me to live with renewed purpose in Christ, honoring You with grateful obedience.

Journal

About RETAG FOUNDATION

Retag Foundation is a federally incorporated evangelical Christian nonprofit organization in North America.

Our mission is to strengthen pastors, seminary students, missionaries, and their families by reconnecting churches, households, and ministry fields around faithful stewardship and prayer-centered support.

We believe that healthy ministry ecosystems are built on:

- Biblical truth
- Spiritual accountability
- Financial integrity
- Long-term faithfulness

This Scripture series is part of our broader commitment to providing solid, accessible biblical resources that help believers stand firm in Christ.

For more information, visit:

<https://retagfund.org>

