

FREE DOWNLOAD

Territory of the Mind

Healing, Faith, and Hope — Scriptures and statements of hope to speak over your mind.

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Instructions:

1. Start here by familiarizing yourself with the context of the scriptures as well.
2. Say every statement of hope in the 2nd column out loud and have faith that they are already done!
3. After you read them all, pick one at a time to ruminate on until they all have been solidified in your heart/mind!

- Live like you believe what you declare until you actually do...
- This could take several days and months. (It will be according to your degree of hope and faith to believe)

***Note-** The other document labeled “Qavah Carry” has the same scriptures and it will be helpful to take those on the go when you need a quick reference.

Believe and Receive...With High Hopes and By Extreme Faith!

You got this!

And we got you!

Territory of the Mind — Healing, Faith, and Hope

Focus	QAVAH Statement	KJV	BSB	Context
Remember His Benefits — Psalm 103:2–3	Christ, I will not forget Your benefits. You forgive my iniquities and heal my diseases. I call my soul back to remembrance of who You are and what You do. I bind my expectation to Your goodness, not to the sickness I see.	Psalm 103:2–3 — “Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases;”	Psalm 103:2–3 — “Bless the LORD, O my soul, and do not forget all His kind deeds—He who forgives all your iniquities and heals all your diseases,”	David is speaking to his own soul in a psalm of praise. He is deliberately calling himself to remember the LORD’s benefits instead of letting forgetfulness shape his view of God.

Christ Carried It — Isaiah 53:4–5	Jesus, You bore our griefs and carried our sorrows. You were wounded for our transgressions and crushed for our iniquities; the punishment that brought us peace was upon You, and by Your wounds we are healed. I place the weight of this sickness upon what You have already carried.	Isaiah 53:4–5 — “Surely he hath borne our griefs, and carried our sorrows... But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.”	Isaiah 53:4–5 — “Surely He took on our infirmities and carried our sorrows... But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His stripes we are healed.”	Isaiah is prophesying to Judah about the coming Servant of the LORD. The people would later misread His suffering as punishment from God, but Isaiah reveals that He would be suffering on behalf of others.
Pray in Faith — James 5:15	Jesus, I pray in faith for my family. Your Word directs me to pray believing, and says that the Lord will raise up the sick. I will not allow repeated sickness to train me to pray without expectation. I still believe You are able to restore and raise up.	James 5:15 — “And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.”	James 5:15 — “And the prayer offered in faith will restore the one who is sick. The Lord will raise him up. If he has sinned, he will be forgiven.”	James is writing to scattered Jewish believers and giving practical instruction for suffering within the church community. When someone is sick, he directs the church toward prayer rather than passivity, specifically calling for the elders to pray over the sick person.
Take Refuge — Psalm 91:9–10	Lord Jesus, You are our refuge and dwelling place. I will not live as though my family is uncovered or without protection. We make our dwelling in You, and I trust Your care over our household.	Psalm 91:9–10 — “Because thou hast made the LORD, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling.”	Psalm 91:9–10 — “Because you have made the LORD your dwelling—my refuge, the Most High—no evil will befall you, no plague will approach your tent.”	Psalm 91 does not identify its human author. The psalm speaks to the one who chooses to dwell under the protection of the Most High, presenting security as the portion of the person who has made the LORD his refuge and habitation.

Refuse to Waver — Romans 4:20–21	Jesus, I will not waver through unbelief concerning Your promise. I choose to be strengthened in faith, give You glory, and remain fully persuaded that You are able to do what You have promised. What I see will not become more authoritative than what You have spoken.	Romans 4:20–21 — “He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what he had promised, he was able also to perform.”	Romans 4:20–21 — “Yet he did not waver through disbelief in the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God was able to do what He had promised.”	Paul writes to believers in Rome and uses Abraham as his example of faith. Abraham was facing the physical impossibility of his aged body and Sarah’s barren womb while holding a promise from God that they would have a son.
Hold Hope — Hebrews 10:23	Jesus, I hold resolutely to the hope I profess because You who promised are faithful. My confidence is not resting in circumstances or in my ability to understand them. My hope is anchored in Your faithfulness, and I will not release it.	Hebrews 10:23 — “Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)”	Hebrews 10:23 — “Let us hold resolutely to the hope we profess, for He who promised is faithful.”	The writer of Hebrews is addressing believers under pressure who were in danger of drawing back. He urges them to continue holding their confession because their endurance rests on the faithfulness of God, not on the ease of their circumstances.
Stand Through Bad News — Psalm 112:7	Jesus, I will not fear bad news. My heart is steadfast because I trust in You. Reports, symptoms, setbacks, and frightening conversations will not govern my expectation. My heart remains fixed and trusting in You.	Psalm 112:7 — “He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.”	Psalm 112:7 — “He does not fear bad news; his heart is steadfast, trusting in the LORD.”	Psalm 112 describes the life and stability of the person who fears the LORD and delights in His commands. The psalm presents trust in God as the reason that frightening reports do not destabilize the heart.

Overflow With Hope — Romans 15:13	Jesus, You are the source of my hope. As I continue believing, fill me with joy and peace until I overflow with hope by the power of the Holy Spirit. I do not have to manufacture hope in my own strength. Your Spirit empowers me to remain full of hope.	Romans 15:13 — “Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”	Romans 15:13 — “Now may the God of hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.”	Paul writes to believers in Rome after teaching about unity between Jewish and Gentile believers and pointing to God’s promises of hope. He closes that section with prayer that their believing would produce joy, peace, and overflowing hope through the Holy Spirit.
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