

“You cannot separate the healing of the body from the healing of the soul. As you treat the body, you must also increase in nourishing the soul.”

*Menachem Mendel Schneerson (Lubavitcher Rebbe)*

“To serve G-d you need a healthy body as well as a healthy soul. How can you meditate, pray or study properly when the body’s wellness is neglected?”

*Menachem Mendel Schneerson (Lubavitcher Rebbe)*



“Four things advised for healing:

1. Find a good doctor and follow his instructions.
2. Dispel any thoughts about illness. Think only healthy thoughts.
3. Strengthen your confidence in the Healer of All Flesh, that He will heal you in whatever way He sees fit.
4. Increase your study of the inner light of Torah.”

*Menachem Mendel Schneerson (Lubavitcher Rebbe)*

“The doctor has been licensed from Above to  
heal, not to make predictions. Ignore the  
predictions and think only good thoughts.”

*Menachem Mendel Schneerson (Lubavitcher Rebbe)*



“Heal the soul and the body is renewed. Heal the  
body and the soul is empowered.”

*Menachem Mendel Schneerson (Lubavitcher Rebbe)*

## 3 John 2 *(ESV)*

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.



# Exodus 15:22–27 *(ESV)*

Then Moses made Israel set out from the Red Sea, and they went into the wilderness of Shur. They went three days in the wilderness and found no water. When they came to Marah, they could not drink the water of Marah because it was bitter; therefore it was named Marah. And the people grumbled against Moses, saying, “What shall we drink?” And he cried to the LORD, and the LORD showed him a log, and he threw it into the water, and the water became sweet.



# Exodus 15:22–27 *(ESV)*

There the LORD made for them a statute and a rule, and there he tested them, saying, “If you will diligently listen to the voice of the LORD your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.” Then they came to Elim, where there were twelve springs of water and seventy palm trees, and they encamped there by the water.



# Exodus 15:23 *(ESV)*

When they came to Marah, they could not drink the water of Marah because it was bitter; therefore it was named Marah.

# Exodus 15:23 *(ESV)*

When they came to Marah, they could not drink the water of Marah because they were bitter; therefore it was named Marah.



# 1 Corinthians 1:18 *(ESV)*

For the message about the cross is foolishness to those who are perishing, but to us who are being saved [healed] it is the power of God.

# Proverbs 3:1,2 *(ESV)*

My son, do not forget my teaching,  
but let your heart keep my commandments,  
for length of days and years of life  
and peace they will add to you.



# Proverbs 3:7,8 *(ESV)*

Be not wise in your own eyes;  
fear the LORD, and turn away from evil.  
It will be healing to your flesh  
and refreshment to your bones.

# Proverbs 4:20–22 *(ESV)*

My son, be attentive to my words;

incline your ear to my sayings.

Let them not escape from your sight;

keep them within your heart.

For they are life to those who find them,

and healing to all their flesh.



“How more wondrous are His deeds and ways  
than the ways of mortals... He put the polluting  
agent into the polluted material to perform a  
miracle within a miracle.”

*Rabban Gamliel*