

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	Mark 1:29-39	Jesus heals many people
Monday	Isaiah 40:27-31	God will give you strength
Tuesday	Matthew 8:5-17	Jesus heals in Capernaum
Wednesday	Matthew 9:27-36	Jesus shows compassion
Thursday	Luke 6:12-19	Jesus spends a night in prayer
Friday	Luke 9:28-35	Jesus goes up a mountain to pray
Saturday	Psalms 102:1-17	Prayer for healing
Sunday	Mark 1:40-45	Jesus heals a man with leprosy

SCRIPTURE VERSE FOR THIS WEEK:

Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. **Isaiah 40:31 (NLT)**

SAY, PRAY AND BLESS:

A Prayer for the Week:

Lord, please give us strength when we are weak, and lift us up when we are tired. Amen.

Mealtime Prayer:

Lord, you set people free, you heal the sick, and you feed the hungry. We give you thanks and praise. Amen.

A Blessing to Give:

May the Lord lift you up when you are weak and give you strength when you are tired. Amen.

CARING CONVERSATION:

Discuss in your household or small group:

- Mark 1:35 tells us that Jesus went off to a quiet place to pray. When do you pray? Where do you pray? What do you pray about?
- Share about a time when you felt or experienced God answering your prayers.

DEVOTIONS:

Prayer is a faith practice. We learn how to pray by praying with others - by practicing with them. In the home, parents have a special responsibility to teach their children how to pray by praying with and for them. Learn and practice this "five finger prayer" as a household. Put your hands together, palm to palm, with your fingers pointing upwards. Each finger on the hand represents a topic for prayer.

Thumb: Your thumb is nearest to you. Pray for the people who are closest to you e.g. family, friends.

Pointer Finger: Pray for those who point the way – those who lead, teach, guide or heal others (e.g. government leaders, teachers, medical professionals, and pastors).

Tallest Finger: This finger reaches up towards God. Give thanks and praise for all the good gifts God has given you and the world.

Ring Finger: This is our weakest finger. Pray for all those who are sick, in trouble or in pain. Pray also for God to forgive you for your weaknesses.

Little Finger: This is the smallest finger of all, and reminds us of where we should place ourselves in relation to God and others. As Jesus says, "The least shall be the greatest among you." So last of all, pray about your own needs and worries.

SERVICE:

Caring for the sick is a special way of showing Jesus' love. Plan to visit or contact a sick friend or relative this next week.

RITUALS AND TRADITIONS:

Christian people are praying people. There are many traditions we can introduce into our homes to remind us to pray and to help make prayer a routine part of our lives. Here are some ideas:

- Have a prayer whiteboard, where household members can jot down prayer requests during the week for others to see.
- Make up a photo display of people you wish to pray for regularly.
- Start a household prayer journal, in which to record prayer points and answers to prayer.
- Display well known prayers on your walls e.g. the Lord's Prayer.