



Week Four Jesus our Healer - January 29-February 2, 2024

Take time, sit down and take a few deep breaths to settle into the silence. Close your eyes and offer the intent of your heart to Jesus (to do his will, to be with him). Choose a very simple prayer to express your openness and desire to meet God (Jesus, "Here I am"). When (not if) you become distracted, offer again your simple prayer back to God.

Reading (Lectio): What does this passage say? First, you read the text. At the most basic level, you ask: What is going on in this Bible passage? What does this passage show me about God and His story? Read it a second time. Perhaps write a few verses to slow down.

Meditation (Meditatio): What is God saying to me through the text? At this point, you ask whether there is something that God might want to show you through this passage. Often, it might connect with something in your life (your work, relationships, situations, etc).

Prayer (Oratio): Ask God what He would like to say to you from this passage. What do you want to say to God about the text? This is your opportunity to offer words to God in response to what God might have spoken to you in meditation.

Contemplation (Contemplatio): Just sit in quiet presence/awe of the experience thus far. What is your next step in obedience to this passage?

Monday January 29 *Isaiah 53* *Meditate on the sacrificial love of Jesus and the healing that comes through His wounds. Ask for restoration and healing through Jesus our healer.*

Tuesday January 30 *Matthew 8* *Reflect on the power of Jesus as the restorer of all things. Pray for a deeper hunger and understanding of the healing power available through His sacrifice.*

Wednesday January 31 *James 5* *Meditate on the importance of confession, prayer, and faithfulness in seeking healing. Pray for a spirit of humility and openness as you pursue Jesus as healer in community.. (Gather at Stonecrest from 6:30-8 PM for worship and to pray for healing together).*

Thursday February 1 *Psalms 147* *Meditate on God's tender care for the brokenhearted. Pray for healing and comfort for those places of wounding and sickness.*

Friday February 2 *Psalms 30* *Pray for God's mercy and help in times of distress. Reflect on the transformative power of God to turn mourning into dancing.*