

Begin with the preflight checklist:

Ask for God's blessing:

Pray: Father God, as I seek a deeper encounter with your Son, speak directly to my heart and mind through your Holy Spirit. Guide my prayers that they might be sincere. May the truth of your word accomplish its purpose in me. Please thwart any attempt by the evil one to interfere in any way with what follows. Amen.

Assert spiritual authority:

Say aloud: As a child of God and with the authority of Jesus, I forbid any spirit that is not of God from interfering in any way with what follows. I command this in Jesus' Name.

Ask for forgiveness:

Pray: "God, please bring to mind anything I've done that is offensive to you." (If nothing comes to mind, skip the next prayer. If something comes to mind, continue:)

"Father God, I want to confess my sin to you and ask for your forgiveness. Specifically, I confess the sin (or sins) of _____. (Be as specific as possible. Make a list if necessary.) Please forgive me and change me and cleanse me. Please grant me strength that I might truly turn from my sin. I receive your forgiveness. Thank you. Amen."

Forgive others:

Pray: God, please bring to mind anyone I need to forgive.

(If no one comes to mind, skip the next prayer. If someone comes to mind, continue:)

Pray: God, I forgive _____ (name of person) for _____. (Name the sin as specifically as possible.) Please help me to forgive them from the heart. Amen.

(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for the people you know who need physical healing.

Faith

After Jesus had healed the blind man, he said to him, "Go, your faith has healed you."

After meeting the woman who had approached him from behind and touched his cloak, Jesus said to her, "Daughter, your faith has made you well."

To Jairus, after he had just received word that his daughter had died, Jesus said, "Do not be afraid; just believe."

After calming the wind and the waves, Jesus asked his disciples, "Where is

your faith?”

To the man whose son was tormented by a demon, Jesus said, “All things are possible for the one who believes.”

In Jesus’ hometown, Jesus could not do many miracles there because of their lack of faith.

Throughout scripture, we see Jesus attributing a person’s healing to their faith. We hear him praising faith. We hear him encouraging faith. We see him amazed, at times, at the strength of someone’s faith. We hear him chastising those who should have more faith, and we see his disappointment when faith is lacking. Clearly, faith matters to Jesus, but it’s important to note that Jesus does not praise faith, *per se*. He praises faith that is placed in himself, faith placed in God. Jesus is not of the “it-doesn’t-matter-what-you-believe-so-long-as-you-believe-something” crowd.

Many in our culture think of faith as something powerful in itself, something akin to the “force” of Star Wars, but that is not biblical faith. Biblical faith—the kind Jesus praises—does not have power in itself. Biblical faith, instead, brings us to the One who has the power to heal, restore and renew. The person with faith in Jesus will travel to meet him, the person without faith will not; the person with faith will appeal to Jesus for help, the person without faith will not; the person with faith in Jesus will surrender to him, the person without faith will not.

Questions:

- 1) In what area of your life would Jesus encourage you to have more faith?
- 2) What, do you anticipate, would the result be if you exercised more faith in the above area?

Worship:

Dwell on the fact that Jesus did not abandon his disciples even after he chastised them for their lack of faith. Express to God your thankfulness for his willingness to abide with those who fail to trust him fully.

Concluding Prayer:

Jesus, reveal to me where I’m lacking in faith and help me to trust in you more and more. Amen.

[Text your Accountability Partner(s): Finished Monday’s Exercises.]

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(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for the people you know who need emotional healing.

Jesus and a Leper

second pass

Today we begin a "second pass" through the meditations. In the first pass, the primary purpose was to observe an encounter with Jesus. In the second pass, the primary purpose is to have an encounter with Jesus.

It's important to note the ways in which "having an encounter with Jesus" is and is not possible in relationship to these meditations. Obviously, it's not possible

to be actually present in the scene as it unfolded some two thousand years ago. Nor is it possible to go to Jesus as a leper, unless, of course, you actually have leprosy. But, because Jesus “is the same yesterday, today and forever”, the compassionate, kind and loving Jesus who the leper encountered two thousand years ago is available for us to encounter today.

Begin by reading the scripture and completing the “first pass” meditation.

Bible Reading:

Matthew 8: 1 - 3 When Jesus came down from the mountainside, large crowds followed him. A man with leprosy came and knelt before him and said, “Lord, if you are willing, you can make me clean.” Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” Immediately he was cleansed of his leprosy. *(NIV)*

Meditation (first pass):

Imagine that you were present to observe the above scene as it unfolds:

Picture Jesus walking with the large crowd following behind him.

Watch as the leper approaches from the other direction.

Observe the leper falling down at Jesus’ feet. Hear him say, “If you are willing, you can make me clean.”

See and hear Jesus’ beautiful response: He touches the man. He declares himself willing. He commands the healing, and the man is healed.

Meditation (second pass):

As stated above, the primary purpose of the “second pass” is to have an encounter with Jesus. This time, imagine that you are present to observe the scene from the perspective of the leper:

Picture Jesus walking with the large crowd following behind him.

Just as the leper approached Jesus, picture yourself approaching Jesus.

Fall down at Jesus’ feet.

Say to Jesus, “Lord, if you are willing, you can...”

Finish the sentence with your most pressing need or needs. (For example, someone might reply: “Lord, if you are willing, you can take away my anxiety.” Or, “Lord, if you are willing, you can restore my relationship with my daughter.”)

Wait in the presence of the Lord, remembering that the One who responded to the leper with perfection and beauty is with you now.

Worship:

As you anticipate the beauty of Jesus’ response, thank him for his care and compassion. Praise him for his steadfast love and faithfulness.

Concluding Prayer:

Pray: Jesus, your beautiful and perfect response to the leper flowed from the depths of your being. I know that you are as present with me today as you were for the leper so many years ago. Help me to anticipate your perfect and beautiful touch. Amen.

[Text your Accountability Partner(s): Finished Tuesday’s Exercises.]

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(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for salvation and/or spiritual breakthrough for friends and family members who need it.

Jesus and a Blind Man

second pass

Bible Reading:

Mark 10: 46 - 52 They [Jesus and his disciples] came to Jericho. As Jesus and his disciples and a large crowd were leaving Jericho, Bartimaeus the son of Timaeus, a blind beggar, was sitting by the

road. When he heard that it was Jesus the Nazarene, he began to shout, “Jesus, Son of David, have mercy on me!” Many scolded him to get him to be quiet, but he shouted all the more, “Son of David, have mercy on me!” Jesus stopped and said, “Call him.” So they called the blind man and said to him, “Have courage! Get up! He is calling you.” He threw off his cloak, jumped up, and came to Jesus. Then Jesus said to him, “What do you want me to do for you?” The blind man replied, “Rabbi, let me see again.” Jesus said to him, “Go, your faith has healed you.” Immediately he regained his sight and followed him on the road. (*NET; brackets added*)

Meditation (first pass):

Imagine that you are present to observe the scene. Watch as the events unfold:

Picture Jesus, his disciples and a large crowd leaving Jericho.

Notice as they approach a blind beggar named Bartimaeus, who is sitting near the road.

Listen as the blind man, having noticed the commotion, asks those around him, “What’s going on?”

Hear the response: “Jesus of Nazareth is walking by.”

Notice as Bartimaeus immediately begins to shout. “Jesus, Son of David, have mercy on me!” “Jesus, Son of David, have mercy on me!”

Sense the annoyance of the crowd as Bartimaeus continues shouting.

Hear the crowd rebuke Bartimaeus, telling him to be quiet.

Picture Jesus stopping and asking for Bartimaeus to be brought over.

Watch as those near the blind man convey the message, “Have courage! Get up! He’s calling you.”

Notice how quickly Bartimaeus jumps to his feet and begins to make his way toward Jesus.

After he arrives, listen as Jesus asks him, “What do you want me to do for you?”

Hear the reply, “Rabbi, let me see again.”

Listen as Jesus replies, “Go, your faith has healed you.”

Watch as Bartimaeus, having regained his sight, follows Jesus down the road.

Meditation (second pass):

Imagine that you are present to observe the scene from the perspective of the blind man:

Picture Jesus, his disciples and a large crowd leaving Jericho.

As you learn that Jesus is passing by, jump to your feet.

Call out to Jesus: “Jesus, Son of David, have mercy on me!”

“Jesus, Son of David, have mercy on me!”

Hear the crowd rebuke you, telling you to be quiet.

Shout all the louder: “Jesus, Son of David, have mercy on me!”

Notice as Jesus stops and calls for you to come over.

Go to Jesus.

As soon as you arrive, hear Jesus ask, “What do you want me to do for you?”

Reply to Jesus, “Lord, I want...” (Finish the sentence. It is not necessary to limit your request to just one thing.)

Wait in the presence of the Lord, remembering that the One who responded with compassion to the blind man is present with you now.

Worship:

Remember that you were made to receive the overflowing love, joy and peace of God. You are invited to share in that which the Trinity has enjoyed for all eternity. Praise God for sharing with us the gift of his presence.

Concluding Prayer:

Jesus, let me drink deeply from the fountain of your presence as I wait upon the fullness of your compassion and care. Amen.

[Text your Accountability Partner(s): Finished Wednesday’s Exercises.]

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Assert spiritual authority:

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Pray: "God, please bring to mind anything I've done that is offensive to you." (If nothing comes to mind, skip the next prayer. If something comes to mind, continue:)

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Pray: God, I forgive _____ (name of person) for _____. (Name the sin as specifically as possible.) Please help me to forgive them from the heart. Amen.

(If you find yourself unable to forgive someone, pray this prayer: "Jesus, you know why it's so difficult for me to forgive _____. Please help me to desire to forgive them and please heal me so completely that I am able to forgive them from my heart. Amen.")

Pray for the specific needs of immediate family members and loved ones.

So Jesus Went with Him

second pass

Bible Reading:

Mark 5: 22 - 24 Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. He pleaded earnestly with him, "My little daughter is dying. Please come and

put your hands on her so that she will be healed and live.” So Jesus went with him. (NIV)

Meditation (first pass):

Imagine that you are present to observe the scene. Watch as the events unfold:

Picture the worried look on the synagogue leader’s face as he looks for Jesus in the crowd.

Watch as he, having located Jesus, approaches him and falls at his feet.

Hear his words, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.”

Watch as Jesus immediately follows Jairus, disappearing through the crowd.

Meditation (second pass):

Imagine that you are present to observe the scene from the perspective of the synagogue leader:

Picture yourself frantically searching for Jesus.

After finally finding Jesus, approach him and fall at his feet.

Tell Jesus about a situation that requires his presence.

Ask him to come with you so that he might intervene.

Picture Jesus going with you.

Worship:

Reflect on this truth: Jesus, through the Holy Spirit, is present with you always. He is with you where you are; he is with you as you are going; he is already where you are headed.

Worship Jesus for his constant and abiding presence.

Concluding Prayer:

Jesus, thank you for going where you are invited to go. I invite you into the places in my life where I most need you. Amen.

[Text your Accountability Partner(s): Finished Thursday’s Exercises.]

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Pray for government and world leaders—that God would grant them wisdom, courage, knowledge of the truth and genuine faith in him.

Just One Touch

second pass

(The following takes places while Jesus is on the way to heal Jairus' daughter.)

Bible Reading:

Mark 5: 25 - 34 Now a woman was there who had been suffering from a hemorrhage for twelve years. She had endured a great deal under the care of many doctors and had spent all that she had. Yet instead of getting better, she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, for she kept saying, “If only I touch his clothes, I will be healed.” At once the bleeding stopped, and she felt in her body that she was healed of her disease. Jesus knew at once that power had gone out from him. He turned around in the crowd and said, “Who touched my clothes?” His disciples said to him, “You see the crowd pressing against you and you say, ‘Who touched me?’” But he looked around to see who had done it. Then the woman, with fear and trembling, knowing what had happened to her, came and fell down before him and told him the whole truth. He said to her, “Daughter, your faith has made you well. Go in peace, and be healed of your disease.” (NET)

Meditation (first pass):

Imagine that you are present to observe the scene:

Picture Jesus walking along through a jostling crowd.

Notice the woman maneuvering herself into position.

Watch as she approaches Jesus from behind and touches his cloak.

See Jesus turn around and hear him ask, “Who touched my clothes?”

Overhear Jesus’ interaction with his disciples.

Notice the woman, trembling with fear, come forward and fall down before Jesus.

Listen as she tells him the whole truth.

Hear Jesus’ words, “Daughter, your faith has made you well. Go in peace, and be healed of your disease.”

Meditation (second pass):

Imagine that you are present to observe the scene from the perspective of the woman:

Bring to mind something for which you’d like an anonymous healing or change in your life. (Something of which you’re ashamed, perhaps.)

Picture Jesus walking along through a jostling crowd.

Think to yourself: “If I just touch his cloak I’ll be rid of this embarrassment forever.”

Maneuver into position behind Jesus.

Touch his cloak.

See Jesus turn around and hear him ask, “Who touched my clothes?”

Realize that you’re not going to get away with an anonymous healing.

Walk toward Jesus and fall down before him.

Tell Jesus the whole truth. Tell him why you were hoping for an anonymous healing or change in your life.

Hear Jesus’ words, “Daughter (or son), your faith has made you well. Go in peace.”

Worship:

What emotions come up for you as you realize that Jesus is not content to change your life without having a personal relationship with you?

As in the meditation, fall at Jesus’ feet and tell him the whole story. Worship him for accepting you as a beloved son or daughter.

Concluding Prayer:

Jesus, don’t let me get away with anything but the deepest possible relationship with you. Amen.

[Text your Accountability Partner(s): Finished Friday’s Exercises.]

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Pray for those in any of the daily categories who have the greatest need.

Life Restored

second pass

(The following takes place immediately after Jesus' encounter with the woman with the flow of blood.)

Bible Reading:

Mark 5: 35 - 43 While he was still speaking, people came from the synagogue ruler's house saying, "Your daughter has died. Why trouble the teacher any longer?" But Jesus, paying no attention to what was said, told the synagogue ruler, "Do not be afraid; just believe." He did not let anyone follow him except Peter, James, and John, the brother of James. They came to the house of the synagogue ruler where he saw noisy confusion and people weeping and wailing loudly. When he entered he said to them, "Why are you distressed and weeping? The child is not dead but asleep." And they began making fun of him. But he put them all outside and he took the child's father and mother and his own companions and went into the room where the child was. Then, gently taking the child by the hand, he said to her, "*Talitha koum*," which means, "Little girl, I say to you, get up." The girl got up at once and began to walk around (she was twelve years old). They were completely astonished at this. He strictly ordered that no one should know about this, and told them to give her something to eat. (NET)

Meditation (first pass):

Imagine that you are present to observe the scene:

See the anxiety on Jairus' face as Jesus speaks with the woman.

Watch as the people from Jairus' house approach him.

Hear them say, "Your daughter has died. Why trouble the teacher any longer?"

Watch as Jesus turns to Jairus. Hear him say, "Do not be afraid; just believe."

Picture Jairus, Peter, James, John and Jesus arriving at Jairus' house.

Hear the wailing.

Listen as Jesus says, "Why are you distressed and weeping? The child is not dead but asleep."

Hear the crowd mock Jesus.

Picture Jesus, together with his disciples and the girl's parents, going into the room where the child lay.

Watch as Jesus gently takes the girl's hand.

Hear Jesus' words, "Little girl, I say to you, get up."

Watch as the girl immediately gets up and begins to walk around the room.

Share in the astonishment of those present.

Meditation (second pass):

Imagine that you are present to observe the scene from the perspective of someone who needs Jesus to go with them immediately:

Feel your anxiety rise as Jesus lingers with another person.

Notice as friends approach.

Listen as they tell you that it's too late for Jesus' help.

Hear Jesus say to you, "Do not be afraid; just believe."

Continue walking with Jesus.

Watch as Jesus intervenes in the situation, completely undoing that which you thought undoable.

Share in the astonishment of those present.

Worship:

Call to mind a situation that only God can salvage. What would Jesus' words, "Do not be afraid; just believe." mean to you?

Invite Jesus to do the impossible in your life. Thank him in advance for doing for you what only he can do.

Concluding Prayer:

Jesus, I have faith in you, but my faith will falter without your encouragement. Thank you for accepting the little I bring to you and for carrying me through my despair and into joy. Amen.

[Text your Accountability Partner(s): Finished Saturday's Exercises.]

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The majority of the biblical quotes are from the New English Translation (*NET*)

NET

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