

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.

**Blessing the Children**

second pass

**Bible Reading:**

**Mark 10: 13 - 16** Now people were bringing little children to him [Jesus] for him to touch, but the disciples scolded those who brought them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me and do not try to stop them, for the kingdom of God belongs to such as these. I tell you the truth, whoever does not receive the kingdom of God like a child will never

enter it.” After he took the children in his arms, he placed his hands on them and blessed them. (*NET*)

**Meditation** (first pass):

Watch from a distance as the events unfold:

Picture the people bringing their little children to Jesus for him to touch. (Remember to allow sufficient time for each step.)

See the look of impatience on the faces of the disciples. Hear them scold those bringing the children.

Notice the indignation on the face of Jesus.

Hear Jesus say, “Let the little children come to me and do not try to stop them, for the kingdom of God belongs to such as these. I tell you the truth, whoever does not receive the kingdom of God like a child will never enter it.”

Watch as Jesus takes the children in his arms, places his hands on them.

Listen to Jesus’ blessing.

**Meditation** (second pass):

Imagine that you are present to observe the scene from the perspective of one of the children who is being brought to Jesus for his blessing:

Picture yourself as one of the children being brought to Jesus.

Who is bringing you? (Perhaps it is the adult you bringing yourself as a child.)

At what age are you being brought? At what age do you most need Jesus’ blessing? (Perhaps it is multiple ages.)

See the look of impatience on the faces of the disciples. Hear them scolding the one who brought you.

Notice the indignation on the face of Jesus.

Hear Jesus say, “Let the little children come to me and do not try to stop them, for the kingdom of God belongs to such as these. I tell you the truth, whoever does not receive the kingdom of God like a child will never enter it.”

Picture Jesus taking you in his arms.

Listen as Jesus blesses you.

**Worship:**

What is the blessing you most need to hear from Jesus? What, do you suppose, is the blessing which Jesus would most like to give you?

Take a moment to count your blessings and then express your thankfulness directly to God.

**Concluding Prayer:**

Jesus, you take time to bless even the littlest of children. Bless me with their experience of safety in your presence, and bless me as you blessed them. Amen.

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

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Pray for the people you know who need emotional healing.

**Freedom From Infirmary**

second pass

**Bible Reading:**

**Luke 13: 10 - 13** Now he was teaching in one of the synagogues on the Sabbath, and a woman was there who had been disabled by a spirit for eighteen years. She was bent over and could not straighten herself up completely. When Jesus saw her, he called her to him and

said, “Woman, you are freed from your infirmity.” Then he placed his hands on her, and immediately she straightened up and praised God. (NET)

**Meditation** (first pass):

Imagine that you are present to observe the scene:

Picture the woman who is unable to straighten up in the synagogue.

Watch as Jesus enters the synagogue and notices her.

Hear Jesus call her over.

See her respond to his invitation.

Listen as Jesus says, “Woman, you are freed from your infirmity.”

Watch as she straightens up.

Hear her praise God

**Meditation** (second pass):

Imagine that you are present to observe the scene from the perspective of one who has been afflicted by a demonic spirit:

Enter the synagogue.

Hear Jesus call you over.

Walk over to Jesus.

Listen as Jesus says, “Woman (or man), you are freed from your infirmity.”

“Straighten up” in Jesus’ presence, having been set free.

**Worship:**

Do you suffer from an affliction which may be caused or exacerbated by an unclean spirit?

Praise Jesus for caring, and for being able to set you free from any and all that spiritually cripples.

**Concluding Prayer:**

Jesus, you called to me before I was even aware of your presence. Please free me from any spirit that afflicts me. Amen.

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

**Don't Cry**

second pass

**Bible Reading:**

**Luke : 11 - 15** Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. As he approached the town gate, a dead person was being carried out—the

only son of his mother, and she was a widow. And a large crowd from the town was with her. When the Lord saw her, his heart went out to her and he said, “Don’t cry.” Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” The dead man sat up and began to talk, and Jesus gave him back to his mother. (NIV)

**Meditation** (first pass):

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

Picture the two large crowds approaching each other near the town gate.

Watch as Jesus approaches the woman.

Hear his words, “Don’t cry.”

See him go up to and touch the bier.

Hear him say, “Young man, I say to you, get up!”

Watch as the formerly dead man sits up.

Listen as he begins to talk.

Watch as Jesus gives him back to his mother.

**Meditation** (second pass):

Imagine that you are present to observe the scene from the point of view of the woman.

Watch as Jesus approaches you.

Hear his words to you, “Don’t cry.”

See him go up to and touch the bier.

Hear him say, “Young man, I say to you, get up!”

Watch as the formerly dead man sits up.

Listen as he begins to talk.

Watch as Jesus turns to you and gives him back to you.

**Worship:**

What relationship in your life is in need of a resurrection? Where in your life would Jesus be moved to the greatest compassion? In what circumstance would he say to you, “Don’t cry”.

The compassion Jesus showed to the widow so many years ago is the same compassion he has for you. Worship Jesus for his care and kindness.

**Concluding Prayer:**

Jesus, help me to trust that, moved by compassion for me, you are at work in my life to restore all things. Please allow me to see where your heart goes out to me and help me to trust that you are moving powerfully in my life. Amen.

[Text your Accountability Partner(s): Finished Wednesday'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 specific needs of immediate family members and loved ones.

**Where Is Your Faith?**

second pass

**Bible Reading:**

**Luke 8: 22 - 25** One day Jesus got into a boat with his disciples and said to them, "Let's go across to the other side of the lake." So they set out, and as they sailed he fell asleep. Now a violent windstorm came down on the lake, and the boat started filling up with water,

and they were in danger. They came and woke him, saying, “Master, Master, we are about to die!” So he got up and rebuked the wind and the raging waves; they died down, and it was calm. Then he said to them, “Where is your faith?” But they were afraid and amazed, saying to one another, “Who then is this? He commands even the winds and the water, and they obey him!” (NET)

**Meditation** (first pass):

Imagine that you are present in the boat:

Picture Jesus sleeping in the back of the boat.

Notice as the violent windstorm sweeps down upon the lake.

Feel the motion of the boat as it is tossed by the wind and waves.

Sense the fear growing within the disciples as the danger grows.

See the boat begin to fill with water.

Watch as the disciples wake Jesus.

Hear them as they shout, “Master, Master, we are about to die!”

Watch Jesus get up.

Listen as he rebukes the wind and the waves.

Picture the lake immediately becoming calm.

Hear Jesus ask the disciples, “Where is your faith?”

Share in the disciples fear and amazement.

**Meditation** (second pass):

Imagine that you are present in the boat:

Picture Jesus sleeping in the back of the boat.

Notice as the violent windstorm sweeps down upon the lake.

Feel the motion of the boat as it is tossed by the wind and waves.

Feel your fear growing along with the danger.

See the boat begin to fill with water.

Go and wake Jesus, shouting at him, “Master, Master, we are about to die!”

Watch Jesus get up.

Listen as he rebukes the wind and the waves.

Picture the lake immediately becoming calm.

See Jesus turn to you and say, “Where is your faith?”

**Worship:**

Allow yourself to feel the emotions you would have experienced had you been present to witness Jesus calming the storm. Confess your lack of faith in Jesus. Express to Jesus your desire to be overwhelmed by his power and presence.

**Concluding Prayer:**

Jesus, to trust in you is to know peace, but I confess that my faith is limited. Show me where you would like me to trust you more and bring me into the fullness of belief in you. Amen.

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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.

**Healing All**

second pass

**Bible Reading:**

**Matthew 15: 29 - 31** When he left there, Jesus went along the Sea of Galilee. Then he went up a mountain, where he sat down. Then large crowds came to him bringing with them the lame, blind, crippled,

mute, and many others. They laid them at his feet, and he healed them. As a result, the crowd was amazed when they saw the mute speaking, the crippled healthy, the lame walking, and the blind seeing, and they praised the God of Israel. (*NET*)

**Meditation** (first pass):

Imagine that you are present to observe the scene:

Picture large crowds coming to Jesus, bringing with them the lame, blind, crippled, mute and many others.

See the people lay the needy at Jesus' feet.

Watch as he heals them.

Share in the amazement of the crowd.

Hear the praise of the crowd as they see the mute speaking, the crippled healthy, the lame walking, and the blind seeing.

**Meditation** (second pass):

Imagine that your friends are bringing you to Jesus:

What are they bringing you to Jesus for?

Look at Jesus as your friends lay you at his feet.

Experience Jesus' healing touch.

Rejoice with your friends at your healing.

**Worship:**

Recall a time when you felt God intervene in your life. Express to Jesus your awe at his healing power.

**Concluding Prayer:**

Jesus, may we share in the faith of those who came to you during your earthly ministry that we might also share in their amazement and praise of your goodness and power. Amen.

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

**Ten Lepers**

second pass

**Bible Reading:**

**Luke 17: 11 - 19** Now on the way to Jerusalem, Jesus was passing along between Samaria and Galilee. As he was entering a village, ten men with leprosy met him. They stood at a distance, raised their voices and said, "Jesus, Master, have mercy on us." When he saw

them he said, “Go and show yourselves to the priests.” And as they went along, they were cleansed. Then one of them, when he saw he was healed, turned back, praising God with a loud voice. He fell with his face to the ground at Jesus’ feet and thanked him. (Now he was a Samaritan.) Then Jesus said, “Were not ten cleansed? Where are the other nine? Was no one found to turn back and give praise to God except this foreigner?” Then he said to the man, “Get up and go your way. Your faith has made you well.” (*NET*)

**Meditation** (first pass):

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

Picture, as Jesus enters a village, the ten lepers standing at a distance.

Hear them cry out to Jesus: “Jesus, Master, have mercy on us!”

Hear Jesus tell them to go show themselves to the priests.

Notice their healing progress as they go along.

Watch one of them stop and turn back.

Listen as he praises God with a loud voice.

Watch the former leper fall at Jesus’ feet and hear him thanking Jesus.

Listen as Jesus asks about the other nine.

Hear Jesus say to the man, “Your faith has made you well.”

**Meditation** (second pass):

Picture yourself as the leper who turned back to thank Jesus:

Imagine yourself standing with the nine other lepers.

Notice as Jesus enters the village.

Cry out together with the other lepers: “Jesus, Master, have mercy on us!”

Listen as Jesus tells you to go show yourselves to the priests.

Notice your healing progress as you travel.

Turn back to thank Jesus.

Praise God with a loud voice. (What would you say?)

Fall at Jesus’ feet and thank him.

Listen as Jesus asks about the other nine.

Hear Jesus say to you, "Your faith has made you well."

**Worship:**

Worship God as one who has been brought from sickness to health,  
from death to life.

**Concluding Prayer:**

Jesus, your healing power is released to those who come to you in faith. May I be counted among both those who place faith in you and those who live in gratitude for all you've done for me. 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

New English Translation

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