



Monday, February 6, 2012

READ- The Old Testament: || Kings 5:1-14

The great works of the prophet Elisha have spread beyond Israel bringing a pagan army general with leprosy to him on the chance that his god YHWH would heal him. Elisha did not even need to see Naaman in person to effect healing on his behalf through God's power.

REFLECT-

- Naaman's pride almost prevented him from getting the healing he needed. How often do we miss out on a blessing from someone or circumstances we may find "beneath our dignity"? Humility, awareness and obedience allow us to receive many simple or great blessings which God has for us.

PRAY-

O God, help me to be open and receptive today to people and experiences through whom your love reaches out to me. Amen.

Tuesday, February 7, 2012

READ- The Epistle: | Corinthians 9:24-27

Paul uses a metaphor to illustrate the need for self-control which would have been readily understandable to the Corinthians – that of an athlete preparing for a competition. Corinth hosted the Isthmian Games and winning athletes received a wreath as their prize.

REFLECT-

- Our materialistic, consumer culture is very similar to that of Corinth in Paul's day. Wealth and great self-indulgence were common among the people. Paul tells us that how we care for our bodies, what we eat and drink DOES make a difference in our Christian walk. What are the ways you indulge yourself that may be a stumbling block to you or some other Christian?

PRAY-

O God, thank you for all the ways in which you bless us. Help me to be a good steward of my health and my material resources. Amen.

Wednesday, February 8, 2012

READ- The Gospel: Mark 1:40-45

Lepers at that time were as good as dead. There was no known cure for the disease. Those infected were forced to live apart from their family; they were ritually unclean for worship and were shunned by the community. Jesus broke down those barriers by touching and healing the leper who begged for his help.

REFLECT-

- Who are the lepers in our society? Who are the folks who are outcasts – those whom we avoid or even fear? Jesus modeled for us that all persons are worthy of love, compassion and the sharing of God's grace. In what way might you offer the love of Christ to someone who is alone, rejected, and suffering?

PRAY-

Father, break down the barriers that I put between myself and your children who are hurting and alone. Help me to reach out and touch someone who needs to know your love. Amen.

Thursday, February 9, 2012

READ- The Psalm: Psalm 30

For those who have ever faced the prospect of suffering and death from an illness or injury, the words of the psalmist will likely ring true. He gives thanks for prayers for healing which were answered so that God may be glorified. The purpose of the psalm is to offer praise and thanksgiving to God for his love and care in the time of suffering.

REFLECT-

- Reflect on times of suffering in your life when you realized how much you needed God and that you could not get through it relying on your own strength alone. In what ways did God provide you with comfort, strength and healing? Perhaps today, you might offer comfort and encouragement to someone who is suffering.

PRAY-

O God, thank you for the times when you have carried me in your arms and comforted me like a loving parent. Help me to be your instrument of comfort, strength, and healing to others. Amen.

Friday, February 10, 2012

ACT-

Focus Verse: Psalm 30:4

Sing praises to the Lord, O you his faithful ones, and give thanks to his holy name.

Make today an occasion of praise and thanksgiving to God. In the morning, thank God for a new day and for your blessings – food and shelter, clothing and medicine, a warm bath, family, friends, meaningful work and times of rest. As you encounter people and circumstances, praise God for those conversations, experiences, and ways in which you are blessed through them. Look for God's providence within them and ways in which you have the chance to be a blessing to others.