

**Walking in Christ's Light**  
**Daily Prayer Journal**

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**October 3-8, 2011**

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*Growing our souls is a partnership with Christ.  
To enable your soul's growth, use this material with Christ as your guide.*

**Monday, Oct 3**

**Scripture: Isaiah 53:1-5** <http://bible.oremus.org/?ql=184388970> (NRSV)

Who has believed what we have heard?

And to whom has the arm of the Lord been revealed?

For he grew up before him like a young plant, and like a root out of dry ground;

he had no form or majesty that we should look at him, nothing in his appearance that we should desire him.

He was despised and rejected by others; a man of suffering and acquainted with infirmity;

and as one from whom others hide their faces he was despised, and we held him of no account.

Surely he has borne our infirmities and carried our diseases;

yet we accounted him stricken, struck down by God, and afflicted.

But he was wounded for our transgressions, crushed for our iniquities;

upon him was the punishment that made us whole, and by his bruises we are healed.

**Reflection:** Jesus made us whole and healed us. What does that mean to you?

**Prayer:** God, help me to understand more fully how you have made humanity whole.

**Tuesday, Oct 4**

**Scripture: Rev 22:1-5** <http://bible.oremus.org/?ql=184389001> (NRSV)

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations.

Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it, and his servants will worship him; they will see his face, and his name will be on their foreheads. And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign for ever and ever.

**Reflection:** God's re-created world is a healed world, and this power is here now. Where do you see God's healing work in the world?

**Prayer:** God help me to be open to your healing in my life and the life of my community.

**Wednesday, Oct 5**

**Scripture: Mark 7:31-35** <http://bible.oremus.org/?ql=184389044> (NRSV)

Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, 'Ephphatha', that is, 'Be opened.' And immediately his ears were opened, his tongue was released, and he spoke plainly.

**Reflection:** Here is an unusual picture of Jesus doing "hands on" healing of someone who seemed desperate to be healed. In what way are you desperate to be healed?

**Prayer:** God, renew my desire for you to heal me.

## Thursday, Oct 6

**Scripture: Luke 4:14-19** <http://bible.oremus.org/?ql=184389069> (NRSV)

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.'

**Reflection:** The scripture of Isaiah that Jesus read encapsulates the purpose of his ministry. His ministry is for the poor, the captives, the blind, and the oppressed. How can you serve likewise and bring wellness to these people?

**Prayer:** God, grant me courage to follow your example, to be your hands bringing healing to those who are marginalized in our world.

## Friday, Oct 7

**Scripture: Exodus 15:22-27** <http://bible.oremus.org/?ql=184389143> (NRSV)

Then Moses ordered Israel to set out from the Red Sea, and they went into the wilderness of Shur. They went for three days in the wilderness and found no water. When they came to Marah, they could not drink the water of Marah because it was bitter. That is why it was called Marah. And the people complained against Moses, saying, 'What shall we drink?' He cried out to the Lord; and the Lord showed him a piece of wood; he threw it into the water, and the water became sweet.

There the Lord made for them a statute and an ordinance and there he put them to the test. He said, 'If you will listen carefully to the voice of the Lord your God, and do what is right in his sight, and give heed to his commandments and keep all his statutes, I will not bring upon you any of the diseases that I brought upon the Egyptians; for I am the Lord who heals you.'

Then they came to Elim, where there were twelve springs of water and seventy palm trees; and they camped there by the water.

**Reflection:** God provides for your health and wellbeing like God did for the Hebrew people who grumbled at God in the desert.

**Prayer:** God, soften my heart and heal me where I have not been willing to be healed.

## Saturday, Oct 8

**Scripture: Psalm 41** <http://bible.oremus.org/?ql=184389273> (NRSV)

To the leader. A Psalm of David. Happy are those who consider the poor; the Lord delivers them in the day of trouble.

The Lord protects them and keeps them alive; they are called happy in the land.

You do not give them up to the will of their enemies.

The Lord sustains them on their sickbed; in their illness you heal all their infirmities.

As for me, I said, 'O Lord, be gracious to me; heal me, for I have sinned against you.'

**Reflection:** When we see God's goodness, we often are in touch with our own sinfulness.

**Prayer:** Oh Lord, be gracious to me; heal me, for I have sinned against you.