

Praying with Scripture

Reflecting on a passage of Scripture each day allows you to encounter the Person of Jesus and to go deeper in your friendship with Him. You will come to know how much He loves you, that He is faithful and that you can trust Him. Follow the steps that are listed below.

Sign of the Cross

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

- (Pray together aloud when praying with others.) Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me. Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart
- Read one Scripture passage each day, beginning with Day 1. After Day 7, start over with Day 1.
- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **READ** the same Scripture a second time, silently more slowly than the first time, from the heart.
- **CHOOSE a word** or phrase from the Bible passage that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying.)
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

Close this time of prayer with the Sign of the Cross

Day 1: Healing of Bartimeus the Blind Man

Mark 10: 46 - 52 "As Jesus and His disciples, together with a large crowd, were leaving Jericho, a blind man, Bartimaeus, was sitting by the roadside begging. When he heard that it was Jesus, he began to shout, "Jesus, Son of David, have mercy on me!" Many rebuked him and told 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 to the blind man, "Cheer up! He's calling you."

Throwing his cloak aside, he jumped to his feet & came to Jesus. "What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see." Jesus said, "Go, your faith has healed you." Immediately he received his sight & followed Jesus along the road.



Day 2: Jesus Calms the Storm Mt. 8:23- 27

Jesus got into the boat and His disciples followed Him. Suddenly a furious storm came up on the

lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke Him, saying, "Lord, save us! We're going to drown!" He said, "You of little faith, why are you so afraid?" Then He got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of Man is this? Even the winds and the waves obey Him!"

Day 3: Jesus Changes Water Into Wine Jn 2:1-11

A wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and His disciples had also been invited. When the wine was gone, Jesus' mother said to Him, "They have no more wine." "Woman, why do you involve me?" Jesus replied. "My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Nearby stood six stone water jars, each holding from twenty to thirty gallons. Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. "Draw some out and take it to the master of the banquet." They did so, and the master of the banquet tasted the water that had



been turned into wine. He did not realize where it had come from, but the servants knew. Then he called the bridegroom aside and said, “Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now.” What Jesus did in Cana of Galilee was the first of the signs through which He revealed His glory; and His disciples believed in Him.

Day 4: Jesus Calls Levi Luke 5: 27 – 32 Jesus went out and saw a tax collector by the name of Levi sitting at his tax booth. “Follow Me,” Jesus said, and Levi got up, left everything and followed Him. Then Levi held a great banquet for Jesus at his house, and a crowd of tax collectors and others were eating with them. The Pharisees and the teachers of the law complained to His disciples, “Why do you eat and drink with tax collectors and sinners?” Jesus answered, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance.”

Day 5: Jesus Heals Ten Men Luke 17:11-19

On His way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As He was going into a village, ten men who had leprosy [a serious skin disease] met Him. They stood at a distance and called out in a loud voice, “Jesus,, have pity on us!”

He said, “Go, show yourselves to the priests.”

And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. Jesus asked, “Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?” Then he said to him, “Rise and go; your faith has made you well.”



Day 6: The Transfiguration Mt. 17: 1 – 8

Jesus took Peter, James and John the brother of James, and led them up a high mountain by

themselves. There He was transfigured before them. His face shone like the sun, and His clothes became as white as the light. Then there appeared before them Moses and Elijah, talking with Jesus. Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three tents here—one for you, one for Moses and one for Elijah.” While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is My beloved Son, with him I am well pleased. Listen to Him!” When the disciples heard this, they fell facedown to the ground, terrified. But Jesus came and touched them. “Get up,” He said. “Don’t be afraid.” When they looked up, they saw no one except Jesus.

Day 7 Jesus forgives sins. Mark 1: 3 – 12

Some men brought to Jesus a paralyzed man. Since they could not get near to Jesus because of the crowd, they made an opening in the roof above Jesus and then lowered the mat the man was lying on. When Jesus saw their faith, He said to the paralyzed man, “Son, your sins are forgiven.” Now teachers of the law were sitting there, thinking to themselves, “Why does this man speak that way? He’s blaspheming! Who can forgive sins but God alone?” Jesus immediately knew what they were thinking to themselves, and He said to them, “Why are you thinking such things in your hearts? Which is easier: to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Get up, take your mat and walk’? That you may know that the Son of Man has authority to forgive sins on earth” – He said to the paralytic, “I say to you, rise, pick up your mat and go home.” He rose, took his mat and went away in the sight of everyone. They were astounded and praised God, saying, “We have never seen anything like this!”

When to pray...With most things in life, when we schedule something, it takes place. Choose a specific time for this.

Where to pray...Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time.

Who is Jesus? Jesus is God. He knows you, with all of your talents, strengths and weaknesses, and He loves you. Take time to be with Him and to get to know Him.

