

Space for God

The Strength of my Heart



PREPARATION

• IN THE NAME OF THE FATHER, THE SON, AND THE HOLY SPIRIT •
My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; he is mine forever.
Psalm 73:26

WORSHIP

"Lord, help!" they cried in their trouble,
and he saved them from their distress.
He sent out his word and healed them,
snatching them from the door of death.
**Let them praise the Lord for his great love
and for the wonderful things he has done for them.**
Psalm 107:19-21

CONFESSION

O Lord, don't rebuke me in your anger
or discipline me in your rage.
**Have compassion on me, Lord, for I am weak.
Heal me, Lord, for my bones are in agony.
I am sick at heart.
How long, O Lord, until you restore me?**
Psalm 6:1-3

MEDITATION Mark 1:29-39*

After Jesus left the synagogue with James and John, they went to Simon and Andrew's home. Now Simon's mother-in-law was sick in bed with a high fever. They told Jesus about her right away. So he went to her bedside, took her by the hand, and helped her sit up. Then the fever left her, and she prepared a meal for them.

That evening after sunset, many sick and demon-possessed people were brought to Jesus. The whole town gathered at the door to watch. So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak. Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, "Everyone is looking for you."

But Jesus replied, "We must go on

IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	What does the text say?
Respond	How does it relate to my life?
Rest	I welcome God's healing and renewal.

to other towns as well, and I will preach to them, too. That is why I came." So he traveled throughout the region of Galilee, preaching in the synagogues and casting out demons.

ANCHORING PRAYER
Jehovah-Rapha, heal me.

REVIEW OF THE HEART
What miraculous healing have I seen or experienced recently?
What physical, spiritual, or emotional illness is afflicting me?

WISDOM
The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. Isaiah 61:1

After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness. Acts 4:31

"The more we allow ourselves to personally experience sanctification by faith, the more we also experience healing by faith. These two doctrines walk together. The more the Spirit of God lives and acts in the soul of believers, the more miracles He will work in the body. By this, the world will recognize what redemption means." –Andrew Murray

TESTIMONY *What is God saying today?*

INTERCESSION *For the Church—for others—for me.*

BENEDICTION
Whom have I in heaven but you?
**I desire you more than anything on earth.
My health may fail, and my spirit may grow weak,
but God remains the strength of my heart;
he is mine forever.
• Amen •**
Psalm 73:25-26

SPACE FOR GOD DAILY
Be still and quiet before God.
Seek the Holy Spirit's filling and guidance.
Speak and act from a listening heart.
Actively serve in community with others.