



PREPARATION

• In the name of the Father, the Son, and the Holy Spirit •  
Come and listen, all you who fear God, and I will tell you what he did for me.  
Psalm 66:16

WORSHIP

The Lord is my rock, my fortress, and my savior;  
my God is my rock, in whom I find protection.  
**He is my shield, the power that saves me, and my place of safety.**  
**He is my refuge, my savior, the one who saves me from violence.**  
2 Samuel 22:2b-3

CONFESSION

The waves of death overwhelmed me; floods of destruction swept over me. The  
grave wrapped its ropes around me; death laid a trap in my path.  
**But in my distress I cried out to the Lord; yes, I cried to my God for help.**  
2 Samuel 22:5-7a

MEDITATION – Luke 8:26-39\*

**S**o they arrived in the region of the Gerasenes, across the lake from Galilee. As  
Jesus was climbing out of the boat, a man who was possessed by demons came  
out to meet him. For a long time he had been homeless and naked, living in the  
tombs outside the town.  
As soon as he saw Jesus, he shrieked and fell down in front of him. Then he  
screamed, “Why are you interfering with me, Jesus, Son of the Most High God?  
Please, I beg you, don’t torture me!” For Jesus had already commanded the evil  
spirit to come out of him. This spirit had often taken control of the man. Even when  
he was placed under guard and put in chains and shackles, he simply broke them  
and rushed out into the wilderness, completely under the demon’s power.  
Jesus demanded, “What is your name?”  
“Legion,” he replied, for he was filled with many demons. The demons kept begging  
Jesus not to send them into the bottomless pit.  
There happened to be a large herd of pigs feeding on the hillside nearby, and the  
demons begged him to let them enter into the pigs. So Jesus gave them permission.  
Then the demons came out of the  
man and entered the pigs, and the  
entire herd plunged down the steep  
hillside into the lake and drowned.  
When the herdsmen saw it, they fled  
to the nearby town and the sur-  
rounding countryside, spreading the

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.

news as they ran. People rushed out to see what had happened. A crowd soon gath-  
ered around Jesus, and they saw the man who had been freed from the demons. He  
was sitting at Jesus’ feet, fully clothed and perfectly sane, and they were all afraid.  
Then those who had seen what happened told the others how the demon-pos-  
sessed man had been healed. And all the people in the region of the Gerasenes  
begged Jesus to go away and leave them alone, for a great wave of fear swept over  
them  
So Jesus returned to the boat and left, crossing back to the other side of the lake.  
The man who had been freed from the demons begged to go with him. But Jesus  
sent him home, saying, “No, go back to your family, and tell them everything God  
has done for you.” So he went all through the town proclaiming the great things  
Jesus had done for him.

ANCHORING PRAYER  
*I will proclaim the great things You have done for me.*

REVIEW OF THE HEART  
*How has Jesus met me at my place of need?*  
*What inner conflict is destroying my potential and hurting the ones I love?*

WISDOM  
O Lord, God of my salvation, I cry out to you by day. I come to you at night. Now  
hear my prayer; listen to my cry. For my life is full of troubles, and death draws  
near. I am as good as dead, like a strong man with no strength left. They have left  
me among the dead, and I lie like a corpse in a grave. I am forgotten, cut off  
from your care. Psalm 88:1-5  
  
For we are not fighting against flesh-and-blood enemies, but against evil rulers  
and authorities of the unseen world, against mighty powers in this dark world,  
and against evil spirits in the heavenly places. Ephesians 6:12

TESTIMONY *What is God saying to me?*  
INTERCESSION *Prayers for the Church, for others, and for me.*

BENEDICTION  
**I will proclaim the name of the Lord;  
how glorious is our God!**  
**• Amen •**  
Deuteronomy 32:3  
  
SPACE FOR GOD DAILY  
Be still and quiet before God.  
Seek the Holy Spirit’s filling and guidance.  
Speak, act, and serve from a listening heart.

PermaneSED (Abide) Kurt D. Peters. **Bold** portions to be read in unison. \*Lectionary, Year C  
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