



PREPARATION

• In the name of the Father, the Son, and the Holy Spirit •
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

WORSHIP

Happy are those who hear the joyful call to worship, for they will walk in the light of your presence, Lord. They rejoice all day long in your wonderful reputation.
They exult in your righteousness. You are their glorious strength. It pleases you to make us strong.
Psalm 89:15-17

CONFESSION

"Lord, help!" they cried in their trouble, and he saved them from their distress. He led them from the darkness and deepest gloom; he snapped their chains.
Let them praise the Lord for his great love and for the wonderful things he has done for them.
Psalm 107:13-15

MEDITATION – Luke 13:10-17*

One Sabbath day as Jesus was teaching in a synagogue, he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. When Jesus saw her, he called her over and said, "Dear woman, you are healed of your sickness!" Then he touched her, and instantly she could stand straight. How she praised God!
But the leader in charge of the synagogue was indignant that Jesus had healed her on the Sabbath day. "There are six days of the week for working," he said to the crowd. "Come on those days to be healed, not on the Sabbath."
But the Lord replied, "You hypocrites! Each of you works on the Sabbath day! Don't you untie your ox or your donkey from its stall on the Sabbath and lead it out for water? This dear woman, a daughter of Abraham, has been held in bondage by Satan for eighteen years. Isn't it right that she be released, even on the Sabbath?"
This shamed his enemies, but all the people rejoiced at the wonderful things he did.

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.

ANCHORING PRAYER

I need Your healing touch.

REVIEW OF THE HEART

When did I experience or observe God's healing touch?
What bondage is currently preventing me from living in freedom?

WISDOM

"I hate all your show and pretense—the hypocrisy of your religious festivals and solemn assemblies.
Amos 5:21
But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.
Romans 7:6

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, for others, and for me.*

BENEDICTION

**Let all that I am praise the Lord;
may I never forget the good things he does for me.
He forgives all my sins and heals all my diseases.
He redeems me from death and crowns me with love and tender mercies.
• Amen •**
Psalm 103:2-4

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.