

# Sacred Space Physical & Spiritual Needs

## PREPARATION

My health may fail, and my spirit may grow weak, but God remains the strength of my heart;

**he is mine forever. [Amen]** Psalm 73:26

## 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

## ADORATION and GRATITUDE

"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

## MEDITATION & CONTEMPLATION—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."

### IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	How do I relate to this?
Respond	What is my next step of obedience?
Rest	Receive God's healing and renewal.

But Jesus replied, "We must go on 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

*"You are Jehovah-Rapha, the God who heals."*

## REVIEW OF THE HEART

- *How have I, or have I not struck a balance in meeting other's needs and recognizing my own limitations? What relationship do I see between burning out and quality time with my Heavenly Father?*
- *What are my deep physical, spiritual, or emotional needs right now?*

## WISDOM

- 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 to me?*

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

## CLOSING PRAYER

**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

## SACRED SPACE EVERY DAY

Be still and quiet before God.

Be filled with the Holy Spirit.

Speak and act from a listening heart.

Pray for, and serve my community.