

Sacred Space I am willing . . . Be healed!

PREPARATION

God the Father knew you and chose you long ago, and his Spirit has made you holy. As a result, you have obeyed him and have been cleansed by the blood of Jesus Christ. May God give you more and more grace and peace. 1 Peter 1:2

CONFESSION

How can I know all the sins lurking in my heart?
Cleanse me from these hidden faults.

**Keep your servant from deliberate sins!
Don't let them control me.**

**Then I will be free of guilt
and innocent of great sin.** Psalm 19:12-13

ADORATION and GRATITUDE

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. Psalm 103:2-4

MEDITATION & CONTEMPLATION—Mark 1:40-45*

A man with leprosy came and knelt in front of Jesus, begging to be healed. "If you are willing, you can heal me and make me clean," he said.

Moved with compassion, Jesus reached out and touched him. "I am willing," he said. "Be healed!" Instantly the leprosy disappeared, and the man was healed. Then Jesus sent him on his way with a stern warning: "Don't tell anyone about this. Instead, go to the priest and let him examine you. Take along the offering required in the law of Moses for those who have been healed of leprosy. This will be a public testimony that you have been cleansed."

But the man went and spread the word, proclaiming to everyone what had happened. As a result, large crowds soon surrounded Jesus, and he couldn't publicly enter a town

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.

anywhere. He had to stay out in the secluded places, but people from everywhere kept coming to him.

ANCHORING PRAYER

«Lord, heal me. Make me clean.»

REVIEW OF THE HEART

- *What divine healing have I experienced in my life?*
- *What can God heal or make clean in my life right now?*

WISDOM

- O Lord, if you heal me, I will be truly healed; if you save me, I will be truly saved. Jeremiah 17:14
- My praises are for you alone! I will give you back your health and heal your wounds," says the Lord. Jeremiah 30:17a

TESTIMONY *What is God saying to me?*

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

CLOSING PRAYER

You alone know what is expedient for me; you are the sovereign master, do with me according to your will. Give to me, or take away from me, only conform my will to yours. . . I know not which is most profitable to me, health or sickness, wealth or poverty, nor anything else in the world. That discernment is beyond the power of men or angels, and is hidden among the secrets of your providence, which I adore, but do not seek to fathom. (Amen)

Blaise Pascal

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.