



## Discovering Healing Accounts in the Gospels of Luke

*We are praying for you as you continue this journey to discover truths from the healing accounts in the Gospel of Luke. We want to encourage you to take time to pray and ask God to help quiet your mind each day, set aside time to study, and read God's word. Use a personal journal to document your notes and answer the questions in each daily reading.*

*We've created an acrostic to help us remember some key points to turn this time of study into a time of spiritual growth and personal healing.*

**Honor God with your commitment of time to study His word.**

**Examine your heart and pray to invite Him into your study.**

**Ask God to reveal His truths in the passage.**

**Listen to what He says and write it down.**

*Digging deeper into the Gospels will reveal truths that will change the way you view healing, and most important draw you closer to our Heavenly Father. May God bless you as you commit your time and heart to study His word.*

# HEAL Bible Study: Luke

*(27 Day Study)*

## **Day 1:**

### **LUKE - Introduction**

Read Luke 1:1-25

*He's Got This*

Luke is a writer who often includes more detail about an event than other New Testament writers. In his introduction, he tells us that he has worked really hard to give us the most accurate account of the events he's going to share as well. Additionally, some of Luke's writings contain events which no other gospel writer included (e.g. Luke 9:51 – 18:35). We also know that Luke spent a lot of time with the apostle Paul who authored 13 of the books in the New Testament.

Luke begins his account of the life of Jesus by describing what happened to a priest named Zechariah (spelled Zecharias in some Bible translations) one day in Herod's Temple in Jerusalem. The priests, who were all descendants from the Old Testament tribe of Levi, who were direct descendants of Aaron, Moses' brother, were in charge of all of the responsibilities within the Temple. Luke described how on this particular day, Zechariah had been chosen by lot (like drawing straws) to burn the incense on the altar. The Altar of Incense, as it was called, sat directly in front of the entrance to the Holy of Holies, the place where the Spirit of the Lord dwelt. We learn through biblical commentary, and historical sources, that because of the large number of priests in each division, each individual priest would burn incense at this altar only once in his lifetime, if he were lucky enough to be selected at all. So, it was a big deal that Zechariah was chosen to burn the incense

at the altar for that day. (See commentary in NIV and Living Bible translation study Bibles.)

Luke then describes how, once Zechariah approached the altar to offer the incense, an angel of the Lord named Gabriel appeared to Zechariah and actually had an audible conversation with him. It's so amazing that we get to hear what Gabriel had to say! When Gabriel told Zechariah he and his wife were going to have a baby, Zechariah was skeptical, to say the least, since he and his wife were well beyond child bearing age. In the next few verses we learn that the child that was going to be born is the man we know as John the Baptist, the forerunner to the long-awaited Messiah, Jesus Christ. (Note: The second scene in the movie called "The Nativity Story" produced by Temple Hill Entertainment and released in 2006 displays a moving rendition of Zechariah at the Altar of Incense).

In those days, having children was considered to be a direct blessing from God. To the contrary, being barren, or having no children, was considered to be a curse. Zechariah and his wife, Elizabeth, despite having lived long lives as "righteous people who were obedient to God," were barren and by all human description well beyond the age during which a couple could conceive. It seemed as though time had run out for these folks and they would remain cursed. But, we know that is not how the story ends. In fact, this couple's child, John the Baptist, was the one to whom Jesus referred when He said that there was no greater one who had lived. (Luke 7:28; Matthew 11:11). In one moment, Zechariah's life changed forever.

The point is this: regardless of what our circumstances appear to be, we must trust that God is capable of all things. He can cause one priest, out of many, to be selected by "random" draw to go before the Altar of Incense on a particular day so that an angel can come meet him there to announce he would soon be a father, despite he and his wife's "well beyond conceiving years." Irrespective of

our current circumstances, our God is able. Able for whatever. The “whatever” isn’t always as profound as delivering a baby to an old couple, it is often much less newsworthy, yet still miraculous and life changing! We don’t have to manipulate, orchestrate, invent or prevent---He is able to accomplish His plans when we are willing to let Him. Pursue Him and He will provide everything else. Rest in that promise, especially during times of trouble.

**Questions:**

1. Do I feel like my current circumstances can’t improve? Why?
2. How does the voice of the enemy encourage me to give up?
3. What might help me to rely, and rest, in the promises of my Heavenly Father?

## DAY 2

Read Luke 1: 25-80

*His Plan, Not Mine*

In today's passage, we can learn an invaluable principle from the words of Mary. In response to Gabriel's announcement to Mary that she would soon give birth to a child conceived by the Holy Spirit, she simply responded, "I am the Lord's servant, may your word to me be fulfilled." (NIV). In essence, Mary was saying that no matter how outrageous this prediction appeared on its surface, she believed Gabriel's words had come from her Heavenly Father and she would trust Him completely. She did not focus on what would likely have been natural responses, such as: "what will people think, my parents are going to freak out, will I be stoned to death, what if Joseph dumps me and I'm all alone, what if ... etc." Instead, she declared unequivocally that she would surrender her will to her Heavenly Father's divine plan, despite the earthly consequences.

Perhaps this kind of response can encourage us today. Even though we may be suffering on many different levels and our circumstances seem confusing, we can declare to ourselves and to those around us that we will surrender our will in order that we may ultimately fulfill the purposes of our Heavenly Father. In other words, we can try to focus on the possibilities of how our suffering could advance His Kingdom.

### Questions:

1. How could my suffering, and/or my response to my suffering, bring others to the saving knowledge of Jesus Christ?
  
  
  
  
  
  
  
  
  
  
2. How can I be willing to walk through this valley trusting that my Father is with me and that He is capable of all things?
  
  
  
  
  
  
  
  
  
  
3. Who else do I know who is suffering whom I could encourage with these words today?

## DAY 3

## Read Luke 2

### *70 Miles On A Donkey*

Everyone is familiar with the story of the birth of Jesus in this chapter. Familiarity, sometimes, can cause us to gloss over certain details in a story; details which may be very helpful to us during our healing journey. There's many of those in this account, but let's focus on one. Mary, a very young Jewish woman who was engaged to be married, conceived through the Holy Spirit of God, and is carrying in her womb the Son of God! Joseph is a righteous, Jewish man, who has lived his whole life following God's laws and is supporting his espoused wife and undoubtedly, and constantly, defending Mary and her reputation to the community over the last several months. And, in general, all aspects of daily life are hard for the Jewish people while under Roman rule. Wasn't that enough to deal with? No, it wasn't. Now, we learn that Mary and Joseph are being required by the Roman government to travel over 70 miles to Joseph's hometown just to be counted! The census was declared by Caesar Augustus while he sat in his palace, all high and mighty, no doubt taking advantage of every comfort available to mankind at the time. To top it off, their only means of transportation is one little D O N K E Y! Great fun, especially for a woman who is nearing time to give birth. But, that's what was required of Mary and Joseph, the highly favored and chosen couple, the earthly parents of Jesus.

Notice that, although certainly capable, God did not float them over to Bethlehem on the back of Gabriel's wings; not even a nice bedded carriage pulled by a strong team of camels. Nothing, nada! Who could blame them if there were times in which the couple questioned the goodness of God, His plan for their lives, and whether He even loved them at all? Well, He is good, He did have great plans for them and He loved them more than we can comprehend, but, He did NOT spare



## DAY 4

Read Luke 3:1-22

*Who's That In The River?*

Let us never cease to be amazed that God has allowed us easy access to events that forever changed the course of humankind! Today, we are eye witnesses to this: Jesus being baptized by John in the Jordan River! Take a moment to focus on this event intently. The scripture says that John had been living in the desert, but now had come to spend time by the river preaching about the soon coming of the long-awaited Messiah. John was clear as he declared, “One who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. He will baptize you with the Holy Spirit and fire?” (Luke 3:16). After many others were baptized, Jesus steps forward to join in. Although Luke pens less details about this moment than John the Apostle does (See John 1:29-34. See also Matthew 3:16-17 and Mark 1:10-11), he describes the same response to Jesus’ baptism. Luke wrote: “[a]nd as he [Jesus] was praying, heaven was opened and the Holy Spirit descended on Him in bodily form like a dove. And a voice came from heaven: ‘You are my Son, whom I love; with you I am well pleased.’” Imagine yourself as one in the crowd that day hearing the voice of God declaring for all of mankind the truth of who Jesus really is! Is there anything more that we need?

Now that we have been assured that Jesus is who He says He is, we can confidently rely and trust in all of the things He said and promised, right? Of course, we can, and we should. Especially during a time of trouble, we must remind ourselves to rely on the One true source for guidance and comfort ---the One and Only Son of God!



**Questions:**

1. On what basis do I believe Jesus is the Son of the Most High God?
2. Why do I believe the things He's promised me?
3. How do my actions indicate that I believe His promises?

## **DAY 5**

Read Luke 4:1-13

*It Is Written*

Matthew, Mark and Luke write of Jesus being tempted by the enemy immediately after His baptism. The scripture tells us that Jesus was led into the desert to spend time alone before He began His full-time ministry. In this region, if one travelled away from a water source, he/she was setting himself/herself up for some serious suffering! Jesus was there for 40 days. He was hungry, thirsty, and tired. And, His enemy, the same enemy as ours, repeatedly tried to get Jesus off course during a time when He was so physically vulnerable. Satan said things like: “If you are the Son of God, tell this stone to become bread,” when He was really hungry; “I will give you all the [referring to the kingdoms of the world] authority and splendor,” and “throw yourself down from here...” when Jesus must have physically been completely exhausted. Satan even used parts of scripture in his temptations!

Isn't that what happens to us sometimes, too? When we are physically sick, tired, exhausted or just weary in our journey, our enemy seems to speak the loudest, “Just give up, give in, step on off the cliff.” But, we know what we must do in these situations. We must follow Jesus' example, and speak the Word back to our enemy. The spoken Word will fight the battle for us and it will always win. Jesus said repeatedly, “It is written... .” Jesus knew that we would need His example many times in our lives and He sacrificed His comfort so that we could know what to do in times of great temptation. Let's don't let His suffering go to waste. Combat the enemy's lies with the truth of God's Word.

### **Questions:**

1. How do I keep my thoughts from coming from the echo of what the enemy says to me and on what God says to me?

2. How do I remind myself of what God actually has said to me? How can I be intentional to change the voice I listen to?

3. What will happen if I speak the truth of God's Word back to the enemy?

## DAY 6

Read Luke 4:31-36

*I'm Not Listening to the Lies!*

We first read of the event described in today's passage in Mark 1:21-28. When several writers describe the same event, maybe we should pay very close attention to the events described. There's such a powerful principle displayed in this event that if we see it, and believe it, our lives will forever be changed. Our enemy (a/k/a the devil, satan, lucifer or by whatever name we choose to use) HAS TO bow down to the authority of God's Word! (See also James 4:7) Here we see that Jesus had been teaching in the synagogue and the people were amazed at the authority with which He spoke. Since Jesus is "THE WORD," He naturally had authority when He spoke it! While He was teaching, a man possessed by a demon began shouting and disrupting Jesus' message. Look carefully at what the demon audibly said. It called Jesus by His name, "Jesus of Nazareth... I know who you are---the Holy One of God!" Even demons know the truth of who Jesus really is, but they can't accept the fact that they will lose every time they challenge Him (see also verse 41 in the same chapter) so they keep trying. Notice the confidence with which Jesus responded to the voice of the enemy, "Be quiet!...Come out of him!" And that is exactly what happened. The demon fled. The Word repeatedly gives us examples of the principle that speaking the Word of God with authority will shut down the enemy every time. (See also Mark 5:7-13.)

As believers, we are sons and daughters of the Most High God. As such, we have all the rights and privileges of our position in Him. (See also Romans .) We have the same authority to speak to our enemy like Jesus did because He gave us that authority. In other words, say to the enemy, "I'm not listening to you, so leave!" Then, we should speak some of our favorite scriptures to replace the lies



## DAY 7

Read Luke 5

*Come Away From The Crowd*

Chapter 5 has so many treasures for us and we've discussed some of those in our earlier studies in Matthew and Mark, so, let's focus on verse 16 of Mark 5 today: "But Jesus often withdrew to lonely places and prayed." Jesus had been travelling, teaching, healing, and performing all kinds of other miracles nonstop since He began His ministry. The scripture tells us that He "often" withdrew to "lonely" places to pray. When studying the scriptures, we must ask ourselves, "Why would this sentence be found worthy to be placed in the book?" Obviously, if Jesus found it necessary to pull away from the crowd to spend time alone with His Heavenly Father, which He found necessary "often," then, surely we must have an even greater need to do the same. Especially during times of trouble and suffering, we need to pull away from all that crowds us and clutters our minds, and spend time alone with our Heavenly Father. And, we should do it often. (See also Mark 1:35-39)

**Questions:**

1. When I'm alone, how can I invite my Heavenly Father for a visit?
2. Am I confident that He will respond? Why?
3. Am I spending more time talking about my issues with my friends than I am with my Father? How can I strengthen my communion with God?

## DAY 8

Luke 5:17-26

*Your Mat May Be a Part of Your Message*

In this passage, we hear Luke's rendition of Jesus miraculously healing the paralytic who had been brought to Jesus by his friends by lowering him through a roof. (See Matthew 9:1-8 and Mark 2:1-12) Matthew, Mark, and Luke tell us that the man had been lying on a mat and that Jesus specifically mentioned the mat when healing the man. Was the mat important to the story, and if so, why? The mat was likely soiled in many ways and may have had an odor. It may have been heavily worn, maybe even threadbare. Perhaps, the mat represented many days, months, or years of upon what the man had placed himself, since he had lain on that mat for quite some time. Jesus told him, now that you are healed, take that mat with you in your arms as you walk away. Jesus didn't ignore the mat or instruct him to throw away the mat. Maybe, the mat had further use in the future. The healed man could show those he encountered the very mat that he had depended on for a long time and that it was no longer needed!



## Questions:

1. Do I have a “mat” as I travel through this healing journey? What is my mat?
2. Am I relying on my mat too heavily? What might be a healthy substitute for it?
3. How can my mat someday become a trophy to my testimony?

## DAY 9

Read Luke 5:27-32

*The Doctor Is In The House*

After Levi a/k/a Matthew had his encounter with Jesus, he wanted to introduce as many friends as he could to Jesus as well. So, he threw a party and many of his “tax collector” buddies came. Despite the tax collectors being considered low-class thieves who were despised by most, Jesus joined their party and even sat to share a meal with them. (NOTE: Jesus has never, and never will, discriminate against anyone! He consistently, over and over, teaches us how to love everybody just as they are. Then, when we share Him with them, He will handle the rest.)

Look at what the “religious folk” thought about Jesus spending time with the tax collectors? Their response lets us know for certain that they had no clue who Jesus really was! Even though the scripture says the Pharisees’ question/complaint was directed at the disciples, Jesus gave His own reply, and what a fantastic reply it was! Jesus said, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance.” He referred to Himself as a doctor for sick folk. He linked their spiritual condition to their physical health, sickness versus health. Many times in the Scripture, yesterday for example, Jesus seemed most concerned about the spiritual condition of those He met. He would forgive their sins followed by healing their bodies.



## **DAY 10**

Read Luke 6:1-11

*He Gives Life*

This passage is Luke's rendition of the man with the paralytic hand being healed on the Sabbath in the Synagogue. (See also Matthew 12:9-14 and Mark 3:1-6) The scripture says there was a man there with a shriveled hand and that the Pharisees and teachers of the law were looking for a reason to accuse Jesus so they were watching Him intently. Was the man with the shriveled hand a part of the set up or was he just at the right place at the right time? Not knowing how long the man suffered with his hand, one thing we know for sure --- the day He encountered Jesus was the last day he suffered with it. Jesus used this man's suffering to teach the people that He came to give life, not death; and, that He did not come to see who was "following all the rules."

## Questions:

1. How might it be possible that my suffering could result in others being brought to the saving knowledge of Christ?
2. What are times in my life that were painful, yet looking back I can see how God made it useful for my good?
3. How could drawing closer to my Heavenly Father by learning more of His Word be a benefit from my time of suffering?

## **DAY 11**

Read Chap 6: 27-49  
*Solid Foundation*

In this passage, throngs of people had gathered on the slope of the hill leading down to the Sea of Galilee to hear what Jesus had to say and to experience His healing power. Envision yourself sitting in the crowd listening, too. In verses 17-26, Jesus described how His kingdom is NOT like the kingdom of this world. In fact, it almost seems to be completely opposite. In verses 27-36, Jesus began to teach about how we are to treat each other if we call ourselves His followers: “But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.”

In verses 37-42, He further instructs His followers: 1) do not judge each other, 2) do not condemn each other, and always 3) forgive each other. Jesus made no exceptions to this “list” of things His followers should always do.

Then, notice in verses 46-49, He admonishes us to not even claim that He is our Lord if we are not going to do what He has instructed us to do. WOW! He instructs this way because He knows His instructions are for our good and they will lead us to the abundant life He has planned for us. More specifically here, He tells us that in order to avoid utter destruction when the storms of life come, and they will invariably come, we need a solid foundation built ahead of time, and that foundation is built by following His teachings.



## DAY 12

Read Luke 7:11-17

*Help Is On The Way*

Jesus left Capernaum and headed toward Nain with a huge crowd following Him. For safety purposes, the towns in those days often had walls around them with gates as the only entrances. As Jesus and the crowd arrived at the town gate, a funeral procession was coming out of the gate and it was one of the worst kinds of death...a widow having to bury her only child! Jesus showed great compassion to the woman and said, “Don’t cry.” He walked over to her dead son and touched the plank upon which he lay. Immediately, everyone froze likely because Jewish custom was that to come in contact with the dead would cause one to be “unclean” and subsequently cast out from amongst the people. Jesus was not concerned about all those rules. He intended to bring life to this boy. Again, we see that He simply spoke the word, “Young man, I say to you get up!” And, again, that’s exactly what the young man did! Notice that the scripture says the young man began to speak as well. Although, we don’t know what he spoke, we can be certain of what his mother would have been speaking! And, the reaction of the crowd, was, “God has come to HELP his people.” Yes, indeed He came to help His people!





## DAY 13

Read Luke 8

*Producing A Great Crop*

Jesus often taught about the principles of God's Kingdom by using parables; that is, describing a concept by using an analogy to something everyone could understand. Everyone in His audience could understand how a seed is planted in the ground and what can happen after the planting. He used four scenarios. When planting seed, sometimes:

1. seed falls by the wayside and is trampled,
2. seed falls among the rocks and without water will dry up,
3. seed falls among thorns and weeds and gets choked out, and
4. seed falls in good soil and yields a hundred fold.

He's talking about the "seed" of His Word, of course. He's teaching us that to actually see a harvest of good fruit when we hear His Words, we must make sure the Word lands in category 4, good soil, and not categories 1) fall by the wayside, 2) among hardness with no water, or 3) allowed to be swallowed by weeds of worries and care.

While studying and learning His Word, we must be careful to protect the precious seeds He deposits in our spirit. In other words, plant them deeply in our souls, take care to water them and pull the weeds (negative thoughts and lies) from among them often. Then, expect a harvest of a hundred fold!

## Questions:

1. Am I expecting a hundred-fold harvest from the things I'm learning in His Word?
2. How can my soul become better soil that will nurture the seeds of God's word He plants within my mind? Will that impact my physical and spiritual healing?
3. What are some rocks or weeds that need to be discarded from my soil?

## DAY 14

Read Luke 8:26-39

*Go and Tell*

Notice what Jesus told the man who had been healed from demon possession, “Return home and tell how much God has done for you.” One of His primary purposes in healing was so that His message would be spread.

Despite our current circumstances, there are likely many things in our past of which we should “return home and tell how much God has done for us.” First, and foremost, God sent His only son to die a cruel death so that we could have eternal life in a glorious place! If there’s nothing else, that’s enough. Gratefulness is really important in God’s Kingdom and sharing His message is what He called us to do.

### Questions:

1. What are some things in my life for which I could show Him more gratitude?
2. How would it improve my state-of-mind to dwell on those things?
3. How would increased awareness of His kindness to me change my response from worries and fears to gratitude and faith?

## DAY 15

Read Luke 8:40-53

*In His Timing*

We've studied this event in the other gospels, but there's always more to be found in the scriptures each time we read. Notice that Jairus' daughter was about twelve years old and the woman with the blood condition had suffered with her condition twelve years. Assuming facts and figures in the scripture are there for a reason, we wonder why "twelve years" is mentioned. One reason may be that sometimes suffering can endure for many years, but there's always hope when we know Jesus. Another could be a reminder that there are different perspectives even about a specific time frame. The woman in this story likely felt like her twelve years had been such an incredibly long time. She must have felt exhausted by this length of time. On the other hand, Jairus had only had his daughter with him twelve years and he must have thought it was such a short time since she was already facing death.

Regardless, we can see that each of us must trust God with the "timing" in our lives. There's no need to compare the "timing" in our lives to any other. We simply must bring all our cares to Jesus and trust that He will handle them in His perfect timing.

**Questions:**

1. What are some things in my life that I believe have gone on too long?

2. How can I completely surrender those things to Jesus?

3. Am I willing to trust in His timing?

## DAY 16

Read Luke 9:28-36

*Take Me Away*

This passage tells us that about a week after Jesus had talked to His disciples about His soon coming death, He “took” Peter, James, and John with Him up on the mountain to pray. Jesus, as a man in human form, must have been heavily burdened with the weight of what was to come. He found it important to gather some of His closest friends with Him to spend intimate time with His Heavenly Father. As He was talking to the Father, His face and His clothing changed drastically... “as bright as a flash of lightning.” Then, Moses and Elijah appeared, followed by a heavy cloud that engulfed all of them. Finally, “a voice came from the cloud saying, ‘This is my son, whom I have chosen; listen to Him’.” Isn’t that reassuring? God has confirmed once again that Jesus is who He says He is! Jesus knew the time was soon coming in which those closest to Him could have reason to question His identity. The Father graciously allowed this obvious affirmation for them as well as for us. Sometimes, maybe we need to allow Jesus to take us away to a mountain to pray, so that we can be reminded of His identity and our need to listen to Him.

## Questions:

1. Am I setting aside time during this healing journey to be “taken away” with The Son of God?
2. Listening includes attending to what we have heard and dwelling on it. How am I listening to the things Jesus has said?
3. Who in my life that I know would I want to take them with me for time with the Father?



## **DAY 17**

Read Luke 10: 1-23

*Firsthand Knowledge*

Notice how the 72 that were sent out came back boldly declaring that all demons had to submit to the name of Jesus. They had learned it firsthand! Jesus had given them authority to trample on snakes and scorpions and to overcome ALL THE POWER OF THE ENEMY. Evidently, they took Jesus at His word and they experienced His truth on a personal basis. That's what we must continue to do. Let's take Jesus at His Word. Then, experience firsthand His promises unfolding in our lives.

### **Questions:**

1. What do you think about Jesus telling them He had seen satan fall from heaven?
  
  
  
  
  
  
  
  
  
  
2. What did Jesus say was even more important than evil spirits having to submit to you?
  
  
  
  
  
  
  
  
  
  
3. How does knowing this account impact my personal circumstances?

## **DAY 18**

Read Luke 10:38-42

*Priorities*

Sometimes we just need to assess, and reassess, our priorities. What is the most important thing in my life right now? What do I do first in the morning? How much time do I devote each day to the important issues in my life? Sometimes an honest assessment can reveal areas to which we have begun to devote an inordinate amount of unproductive time. For example, social media or time spent on a computer in general, can easily become a time eating monster. Let's remember the words of our Lord in this passage: "you are worried and upset about many things, but few things are needed---or indeed only one." The One to whom He refers is Himself. Let's put Him, His Word, and knowing more of Him as our number one priority. He promises if we will do that, He will handle the other things for us. (See also Matthew 6:33).

**Questions:**

1. Who (or what) gets most of my attention?
2. What are some areas, things or people in my life that I should devote less time? Why?
3. How can devoting more time to knowing God through His Word be worth my time?

**DAY 19**

Read Luke 11:1-12

## *How to Pray*

We can't justifiably say that we don't know how to pray, because Jesus clearly gave us instruction on how to pray. And, we're told to pray incessantly. (See 1 Thessalonians 5:17)

In today's passage (See also Matthew 6:9-13), He said, "When you pray, say...." He may not have meant that we should always say exactly the same prayer, but we can certainly use this model as guidance. First, He let us know that we can go directly to The Father and in doing so we should show Him the deference He is due and acknowledge His holiness---"Our Father in Heaven, hallowed is your name..." (NKJV translation 1-4). Secondly, submission to His will is important---"Your kingdom come. Your will be done. On earth as it is in heaven." Next, we are to kindly ask for today's provision; not tomorrow's provision, next week or next month's...just today's. That reminds us to value the moment, trust in Him one day at a time, don't worry about the future. (See also Matthew 6:25-34) And, the next thing He says is to ask for forgiveness of our sins. Notice how He suggests that we ask the Father to forgive us just like we are forgiving of others who have sinned against us. Oh my goodness, did He really say that? Yes, He did. We should ask Him to forgive in the same manner that we are forgiving. I don't know about you, but I need a whole lot of improvement in my forgiving of others!! The next request is about sin as well. We are to ask our Father to help us stay away from temptation.

It's important to note what is NOT in the model prayer of Jesus. He does not mention a request for healing of our physical bodies. Surely, He was aware of the frailty of the human body; however, He did not mention physical healing in His prayer. That certainly doesn't mean we shouldn't request healing because He clearly instructs us to bring all of our cares to Him, no matter what, but He has not

emphasized physical healing in His model prayer. In fact, verses 9-12 make it clear that we should ask the Father for whatever concerns us, and that He will hear our prayer. But, in His instructions on how to pray in general, He emphasizes: acknowledging our Father's greatness, the need to submit to His authority, the importance of forgiveness, and the importance of relying on Him daily for our needs. Now, we know how to pray.

## Questions:

1. How often am I talking to God? Are you hearing from Him?
2. How do my actions demonstrate that I am relying on Him to meet my needs?
3. What changes in my thought and prayer life do I need to make to limit my concerns to living within my Father's provision for each "one day at a time".



Read Luke 12:22-34

*Another “Do Not Worry” Message*

Some have said there’s over 360 times in the scripture in which we are instructed not to worry! Today’s passage is one of those and it comes straight from the lips of Jesus. (See also Matthew 6). Jesus plainly told us not to worry about our life, what we will eat, about our bodies, what we will wear. Look closely at verse 32 in which Jesus said “...your Father has been PLEASED TO GIVE you the kingdom[!]”. Since He has *given us the kingdom*, He then instructs us to sell our possessions and give [the proceeds] to the poor. That’s how His kingdom was designed to work ---those who have much should help those who have little. He wants us to meet the needs of others and He will, in turn, meet our needs.

We don’t have to look far to find people who need our help and need to see how beautiful His kingdom really is. Especially during a time of struggle for ourselves, let’s look for ways we can help someone else to experience this perfect principle of the kingdom of God.





## **DAY 22**

### *Crippled by a Spirit*

Read Luke 13:10-17

Here's another account of Jesus healing on the Sabbath. He was teaching in the synagogue when He became aware of a woman, "crippled by a spirit." The scripture says she was bent over, could not straighten up, and had been that way 18 years! Apparently, the physical manifestation of having oppression by a spirit was a contorted spine. Once again, we see that spiritual health is often connected to physical health. Notice that when Jesus healed her He used the words, "...you are set free...". Then, He put His hands on her and she immediately straightened up!

It's also important to see what she did in response to her being set free---she praised GOD!

### **Questions:**

1. What burdens in my soul could be crippling me?
  
  
  
  
  
  
  
  
  
  
2. Have I allowed Jesus into that place to set me free?
  
  
  
  
  
  
  
  
  
  
3. Am I intentional to praise God for the good in my life?

## DAY 23

Read Luke 14:1-14

*“And they had nothing to say.”*

Jesus had been invited to a Pharisee’s home to eat on the Sabbath. But, that’s not the only reason he was invited there. This passage says that there was a man there who obviously had an ailment, swelling of his body. It’s possible that, yet again, the religious leaders were trying to set Jesus up to violate the law of keeping the Sabbath Day holy. Notice how Jesus was consistent in His actions by addressing the physical condition of the man in His presence, even though He was only invited there for a meal. Once again, He questioned those in attendance about healing on the sabbath. Jesus continuously invited those around Him to learn the true principles of His Kingdom. Yet, the leaders’ calloused hearts were not receptive to His truths.

When Jesus substituted the leaders’ own children in the place of this sick man (or even the leaders’ animals) and asked if they would help them on the Sabbath, the scripture says no one had anything to say. They knew in their hearts that the right thing to do would be to help their child and/or their ox regardless of what day it was! Jesus wanted them to understand the ultimate purpose of this commandment. Keeping the Sabbath holy was for the people’s rest and for worship, not to prevent helping someone in need. Helping others can be considered a beautiful form of worship.

The scripture says Jesus took hold of the man, healed him, and sent him on his way. This man certainly received a great benefit from Jesus’ teaching that day. Jesus consistently healed those with needs, always with the purpose of spreading the goodness of the attributes of His kingdom.

### Questions:

1. Am I relying on a set of rules or a relationship with Jesus to set me free?

2. Do I believe Jesus wants me well? How does He want me well?

3. Did Jesus ever tell anyone that healing was based upon anything other than faith/belief? How does this impact my situation?

## DAY 24

Read Luke 17:11-19

*Be in the Ten Percent!*

While Jesus was on His way back to Jerusalem (and we know what ultimately happened in Jerusalem), He came near a village and TEN lepers began to yell for His help from a distance. Lepers were outcast, forced to live in seclusion, and strictly forbidden to get near anyone without leprosy. So, these lepers yelled for Jesus' help! (How did they know who He was? Did His spirit draw them to Him?) Notice how they addressed Jesus, "Jesus, Master... ." Without hesitation, Jesus responded with instructions, "Go, show yourselves to the priests." What an outrageous command! These lepers could have been stoned if they had entered the village and attempted to see a priest. Yet, the scripture says, "**and as they went**, they were cleansed." Doing what He said to do was crucial to their healing, no matter how outrageous the instruction seemed to be.

But, then, look what happens. Only one of the ten "came back, praising God in a loud voice." Moreover, the scripture makes a point to let us know that the one who gave thanks was a Samaritan---not even Jewish! Then, Jesus asked where all the other nine were. When Jesus asked questions in the scripture, it wasn't because He didn't know the answer, He wanted to make a point. We're still hearing this question today...where are the other nine? It's also powerful to see how this passage closes; Jesus simply states, "...Rise and go; your faith has made you well."

## Questions:

1. Have I ever felt led to do something for my health that seemed somewhat outrageous?
2. Am I in the ten percent or the ninety percent?
3. Were the other nine completely healed...spirit and body? What do you think about the other nine?

## **DAY 25**

Read Luke 22:31-34; 54-62  
“It’s Not About My Ability”

The enemy tries to make us think that we can’t, or shouldn’t, be healed, restored, or redeemed because we don’t deserve to be. He wants us to focus on our behavior, our performance, our frailties, and our faults. But Jesus’ power and desire to heal, restore, and redeem are NOT based upon OUR abilities or performance at all! Instead, healing, restoration and redemption are all gifts which come from Jesus based upon His abilities and His Word!

In today’s passage, Peter plainly denies that he even knew Jesus, not just once, but three times within a short span of time. Peter had been an eye witness to incredible miracles of Jesus, had experienced many hours of sitting under Jesus’ teachings, and had unequivocally promised never-ending devotion to Jesus earlier in the same day. Yet, Peter crumbled under the weight of the current circumstances. If Jesus wanted to teach us that our behavior determined whether we could be made whole, He could sure have used Peter for that lesson. To the contrary, we know that Peter was restored, redeemed, and even made to be the rock upon which Jesus built His church. (See Matthew 16:18.)

The enemy is the one who tries to make us think we don’t have this or that because we don’t deserve it. Demons don’t question Jesus’ abilities; they know His power. (See James 2:19) So, they try to attack our abilities. The truth is that our abilities are not even in the equation. It’s all about the redemptive, healing, and restorative power of the blood of Jesus. He has already done the work, now it’s up to us to believe in what He’s already done for us.

### **Questions:**

1. Am I relying too much on my abilities for my healing?
2. How does guidance through the scriptures take my mind off my own abilities and focus on the power and willingness of Jesus to heal me?
3. Am I taking full advantage of the privileges of knowing Jesus and the truth of His word that demonstrates His power to save and heal me?

## DAY 26

Read Luke 23:1-43

“You Can’t Earn What He Gives”

Let’s focus specifically on verses 39-43. We learn from the scriptures that there were two criminals who were also hanged on the same day as Jesus. They must have been hung in close proximity to be able to hear each other’s words even in their state of indescribable pain. This gruesome scene must have been even more horrific than any movie screen could depict. One of the criminals “hurled” insults to Jesus and seemed to mock him with his last breaths. The other criminal feared God, believed that Jesus was from God, and asked to be a part of His kingdom. Immediately, Jesus granted his request and declared by His words that the man would be with Him in paradise. Obviously, it was not physically possible for this criminal to right any wrongs or to have done anything of his own accord to earn citizenship into God’s kingdom. He was dying on a tree as a criminal, yet he gained full citizenship in the Kingdom of God because of his belief in Jesus. That’s the way we receive Jesus’s gifts, by believing what He has said in His Word.

An encounter with Jesus always demands a response...either a “yes” or a “no,” just like was depicted at the crucifixion. If we choose “yes,” He bestows citizenship upon us. Once we’re citizens of His kingdom, we must learn, through His Word, about all the rights and privileges of being in His kingdom in order to take full advantage of them. Thank goodness we don’t get what we deserve, we simply accept His gifts based upon His works, not our own! What freedom!





## DAY 27

Read Luke 24:13-49  
*Open My Eyes, Lord*

As long as we're spending time with The Word, more and more truths will be revealed to us. The more we learn, the more we will understand and then be able to put into practice the benefits of citizenship into our lives. In today's passage, we read that after Jesus' resurrection, He presented Himself to two travelers, yet "they were kept from recognizing him." As the men travelled along, they shared with this "stranger" what had taken place in Jerusalem the last couple of days. Jesus, in reply, began to share with them what was said about Himself in the scriptures. They seemed hungry for more. They invited Him to stay with them for a meal. While at the table, their eyes were opened to the truth of who this man was---Jesus, the one who was crucified yet alive and dining at their table! "Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us?"

We must let Him open the scriptures to us. When He sees that we're hungry for more, He will reveal more. We decide how much of His goodness we want.

### Questions:

1. Am I hungry for more of the Lord, His Word and Himself?
  
  
  
  
  
  
  
  
  
  
2. How do I make myself available to Him to reveal more of Himself to me?
  
  
  
  
  
  
  
  
  
  
3. Is knowing more of Him my top priority in life?

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| <b>H</b><br><b>Honor</b><br>God with your<br>commitment of time<br>to study His word. | <b>E</b><br><b>Examine</b><br>your heart and pray<br>to invite Him into your<br>study. | <b>A</b><br><b>Ask</b><br>God to reveal His<br>truths in the passage. | <b>L</b><br><b>Listen</b><br>to what he says and<br>write it down. |
|---|--|---|--|

## Meet Our H.E.A.L. Team



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*We are thankful for all He has done and hopeful for all He will do. To God be the glory!*

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