

Try for 3 days: Pray that the Holy Spirit would speak to you through your reading before you start. Place this card where you will see it and read it out loud. Take a time reflect on the passage and what it might be saying about who God is.

Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids—blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.” Jesus said to him, “Stand up, take your mat and walk.” At once the man was made well, and he took up his mat and began to walk. John 5:2-9

Instead of 3 days a week, as suggested,

- + Read this text every day this week.
- + Read John chapter 5 at least twice this week.
- + Continue reading John for 10 minutes and reflect on who God is in your reading.
- + Continue, or add, daily prayers, silent prayers, breathing prayer and/or prayers of thanks.
- + Read Psalm 148 every morning & Psalm 133 every evening.
- + Offer short prayers of thanks throughout the day. Thank God for everything that happens, that you see, that you hear, etc. no matter how small.