

8) THE SPIRIT OF JESUS BRINGS HEALING

Read and Pray with Mark 2:1-12 and Mark 5:1-20

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

The Spirit of Jesus brings healing. We need to bring people to the Lord for healing either through prayer or talking about what the Lord has done in our lives. We should ask the Lord for our healing. The Lord always heals us in various ways: spiritually, physically, emotionally, etc.

For your journal or notes:

Does it seem that God is saying something in particular to me?

Where do you find the Lord healing you?

Are there insights that came to me from the Scripture passage or from my prayer?