ROOTED IN CHRIST · SEVEN-DAY DEVOTIONAL

Bring hope and care into the same conversation.

Bible readings and prayer for people living with illness, disability or ongoing treatment.

Full Bible passages · Guided prayer · A practical step each day

A little encouragement before you begin. Take this gently. Receive appropriate care, ask for help and make room for honest prayer without blame.

Healing and healthcare · Rooted in Christ · 7-day journey

For adults living with illness, disability, ongoing symptoms or treatment, and the people supporting them. Bring confident prayer together with appropriate care, consent and Christian hope, without blame or guaranteed outcomes.

Prayer and care belong together. Continue prescribed treatment and consult a qualified clinician before making changes. Do not delay urgent assessment because of a spiritual claim. In an emergency call 999; use NHS 111 for urgent health advice when it is not an emergency. Church messages are not an emergency service.

Begin the study · Start the devotional · Ask for prayer or practical pastoral support

> He has said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Most gladly therefore I will rather glory in my weaknesses, that the power of Christ may rest on me.
>
> *2 Corinthians 12:9, World English Bible British Edition*

Go deeper: the Bible study and group discussion

Ask Jesus with honesty and dignity

Read Mark 1:40–45 and James 5:13–16 below. Jesus responds with compassion, and James invites the church to pray for people who are ill. Ask specifically for healing, relief and strength without claiming to know an individual’s outcome. Prayer must never be conditional on payment, a public testimony, stopping treatment or accepting unwanted touch. A person who continues to be ill remains worthy of love and full participation.

Do not turn illness into an accusation

John 9:1–3 challenges the disciples’ attempt to assign blame, while 2 Corinthians 12:7–10 describes continued weakness and sufficient grace. These passages do not answer every question about suffering, but they do challenge easy accusations. Do not diagnose spiritual

failure or demonic activity from someone’s symptoms. A declaration of faith is not a medical diagnosis or a guarantee that every condition will reverse.

Let prayer and appropriate care work alongside one another

Read Luke 10:33–35 and 1 Corinthians 12:22–26. Compassion includes practical care, transport, skilled help and honour for every member. Continue appropriate healthcare and ask for the support that actually helps: accessible arrangements, meals, company or privacy. Describe any improvement accurately. No one should be asked to perform an unsafe test, abandon treatment or exaggerate a testimony to prove faith.

Discuss and apply

1. What does Jesus’ compassion invite you to ask for?
2. How can a church pray expectantly without promising an outcome?
3. What assumptions about illness does John 9 challenge?
4. What consent, accessibility or privacy needs would you like respected?
5. What support would be useful alongside prayer and treatment?

Your practical exercise: Make a private prayer-and-care card with three headings: What I am asking God for; What my care team advises; What help I would welcome. Choose what to disclose. Agree whether you want touch, spoken prayer or quiet prayer before anyone begins. Continue your care and describe changes honestly rather than taking unsafe steps to demonstrate faith.

For leaders and supporters: Do not offer diagnoses, treatment instructions, guaranteed outcomes or blame. Obtain consent before touch, sharing a story, photography or filming. Disabled and chronically ill people are full participants now, not unfinished testimonies. Use emergency services when needed and respect qualified clinical advice.

Seven days of Bible reading and prayer

Every reading appears in full. Declarations are optional, Scripture-shaped expressions of faith, prayer and commitment. They are not new revelation, medical claims or promises of recovery by a deadline. Scripture uses the public-domain World English Bible British Edition, except John 9 and 1 Corinthians 12, which use the World English Bible.

Day 1: Compassion before explanation

Read Mark 1:40–45.

> [40] A leper came to him, begging him, kneeling down to him, and saying to him, “If you want to, you can make me clean.”
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> [41] Being moved with compassion, he stretched out his hand, and touched him, and said to him, “I want to. Be made clean.” [42] When he had said this, immediately the leprosy departed from him and he was made clean. [43] He strictly warned him and immediately sent him out, [44] and said to him, “See that you say nothing to anybody, but go show yourself to the priest and offer for your cleansing the things which Moses commanded, for a testimony to them.”
>
> [45] But he went out, and began to proclaim it much, and to spread about the matter, so that Jesus could no more openly enter into a city, but was outside in desert places. People came to him from everywhere.

Reflect: Jesus responds to a person’s need with compassion. Begin there rather than with theories about why illness happened. You can ask directly for healing and relief. The outcome of this Gospel encounter is not a timetable for your own situation, but it reveals a Lord to whom suffering people can come.

Consider: What would you like to ask Jesus for today?

Pray: Compassionate Jesus, I ask for healing, relief and strength. Guide those involved in my care and help me receive the support I need. Amen.

Declare: I may bring my illness to Christ without earning the right to receive compassion.

Practise: Write one prayer request and one practical care need.

Day 2: Not a verdict on your faith

Read John 9:1–3 — World English Bible.

> [1] As he passed by, he saw a man blind from birth. [2] His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”
>
> [3] Jesus answered, “This man didn’t sin, nor did his parents, but that the works of God might be revealed in him.

Reflect: The disciples seek an explanation based on blame, but Jesus refuses their simple accusation. Do not diagnose spiritual failure from symptoms. This passage does not answer every question about suffering; it does challenge the habit of assigning guilt to someone

who needs care. Bring harmful messages into a conversation with a trustworthy supporter.

Consider: What blame have you been carrying?

Pray: Lord, free me from false accusations about my illness. Help our church respond with humility, compassion and respect rather than blame. Amen.

Declare: My symptoms do not prove that God has rejected me or that my faith is worthless.

Practise: Tell a trusted supporter about a harmful message you have received.

Day 3: Ask the church to pray

Read James 5:13–16.

> [13] Is any amongst you suffering? Let him pray. Is any cheerful? Let him sing praises. [14] Is any amongst you sick? Let him call for the elders of the assembly, and let them pray over him, anointing him with oil in the name of the Lord; [15] and the prayer of faith will heal him who is sick, and the Lord will raise him up. If he has committed sins, he will be forgiven. [16] Confess your sins to one another and pray for one another, that you may be healed. The insistent prayer of a righteous person is powerfully effective.

Reflect: James invites people to receive prayer within the church. Ask with faith and humility while respecting consent and boundaries. The invitation should not become a performance requiring an immediate result. Qualified clinical care remains important. You may request prayer, decline touch and keep personal details private at the same time.

Consider: What would respectful, supportive prayer look like for you?

Pray: Father, let the prayers of your people surround me with love. Give us faith, humility and respect for each person’s consent and care. Amen.

Declare: I may receive prayer freely, with dignity, consent and continued appropriate treatment.

Practise: Tell a prayer leader how you would, and would not, like to receive prayer.

Day 4: Grace in continuing weakness

Read 2 Corinthians 12:7–10.

> [7] By reason of the exceeding greatness of the revelations, that I should not be exalted excessively, a thorn in the flesh was given to me: a messenger of Satan to torment me, that I should not be exalted excessively. [8] Concerning this thing, I begged the Lord three times that it might depart from me. [9] He has said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Most gladly therefore I will rather glory in my weaknesses, that the power of Christ may rest on me. [10] Therefore I take pleasure in weaknesses, in injuries, in necessities, in persecutions, and in distresses, for Christ’s sake. For when I am weak, then am I strong.

Reflect: Paul describes repeated prayer and grace in continuing weakness. The passage neither identifies every person’s condition nor tells anyone to refuse care. An unanswered request does not make you useless. You are a person to be loved, not a problem whose value depends on being resolved. Ask what sustaining grace and practical help could look like today.

Consider: What might sustaining grace look like today?

Pray: Jesus, sustain me where weakness remains. Give relief where possible, wise care and the assurance that my dignity is not measured by recovery. Amen.

Declare: Christ’s grace can meet me in weakness; my worth does not depend on becoming well.

Practise: Identify one adjustment that would make today’s responsibilities more manageable.

Day 5: Practical care is love

Read Luke 10:33–35.

> [33] But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, [34] came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, brought him to an inn, and took care of him. [35] On the next day, when he departed, he took out two denarii, gave them to the host, and said to him, ‘Take care of him. Whatever you spend beyond that, I will repay you when I return.’

Reflect: The Samaritan’s compassion becomes practical care. Support might include transport, food, accessibility or someone who listens. Ask for the help you actually need rather than accepting an unwanted intervention out of politeness. Skilled healthcare and

ordinary kindness are not rivals to prayer; they can be part of a responsible, loving response.

Consider: What practical help would make a real difference?

Pray: Lord, bless the people who provide skilled and practical care. Help me ask clearly and receive assistance without embarrassment or pressure. Amen.

Declare: Receiving practical and medical care is compatible with trusting God.

Practise: Ask someone for one concrete form of help.

Day 6: A valued member now

Read 1 Corinthians 12:22–26 — World English Bible.

> [22] No, much rather, those members of the body which seem to be weaker are necessary. [23] Those parts of the body which we think to be less honorable, on those we bestow more abundant honor; and our unpresentable parts have more abundant modesty, [24] while our presentable parts have no such need. But God composed the body together, giving more abundant honor to the inferior part, [25] that there should be no division in the body, but that the members should have the same care for one another. [26] When one member suffers, all the members suffer with it. When one member is honored, all the members rejoice with it.

Reflect: Paul calls the church to honour members who may be overlooked. Belonging to Christ's body is not measured by stamina, mobility or productivity. Your needs should help shape the community's arrangements. You need not apologise for requesting access or rest. A community grows in love when it learns to receive every member as necessary.

Consider: What would full participation look like for you now?

Pray: God, make our church a community that honours every member. Help us remove barriers and receive one another with practical love and respect. Amen.

Declare: I belong to Christ's body now, not only after my circumstances change.

Practise: Tell the church about one access need or adjustment you would value.

Day 7: Hope that tells the truth

Read Romans 8:18–25.

> [18] For I consider that the sufferings of this present time are not worthy to be compared with the glory which will be revealed towards us. [19] For the creation waits with eager expectation for the children of God to be revealed. [20] For the creation was subjected to vanity, not of its own will, but because of him who subjected it, in hope [21] that the creation itself also will be delivered from the bondage of decay into the liberty of the glory of the children of God. [22] For we know that the whole creation groans and travails in pain together until now. [23] Not only so, but ourselves also, who have the first fruits of the Spirit, even we ourselves groan within ourselves, waiting for adoption, the redemption of our body. [24] For we were saved in hope, but hope that is seen is not hope. For who hopes for that which he sees? [25] But if we hope for that which we don't see, we wait for it with patience.

Reflect: Paul holds future renewal alongside present groaning. Christian hope does not require inaccurate descriptions of today's circumstances. Celebrate a real improvement without exaggeration, and continue receiving care where symptoms remain. Your story does not need a dramatic ending to matter. Hope and truth belong together.

Consider: How can you describe this week honestly and hopefully?

Pray: Father, keep my hope rooted in your promised renewal. Help me speak honestly about today and receive the care needed for what comes next. Amen.

Declare: I will hold Christian hope without denying present pain or inventing a result.

Practise: Review your prayer-and-care card and arrange any needed follow-up.

Your next step

Contact ANCC Care for prayer and pastoral support alongside appropriate healthcare. Continue with Hope in a Crisis, Trusting God When Faith Feels Small, or Learning to Pray When Words Are Hard.

Original ANCC Rooted in Christ study. Scripture: World English Bible British Edition; John 9, WEB; 1 Corinthians 12, WEB, public domain. Full daily passages appear above. Use your browser's Print menu to print or save this page as a PDF.