

# How to use *explore*

## Issue 113

The 90 daily readings in this issue of *Explore* are designed to help you understand and apply the Bible as you read it each day.

## It's serious!

We suggest that you allow 15 minutes each day to work through the Bible passage with the notes. It should be a meal, not a snack! Readings from other parts of the Bible can throw valuable light on the study passage. These cross-references can be skipped if you are already feeling full up, but will expand your grasp of the Bible. *Explore* uses the NIV2011 Bible translation, but you can also use it with the NIV1984 or ESV translations.

Sometimes a prayer box will encourage you to stop and pray through the lessons—but it is always important to allow time to pray for God's Spirit to bring his word to life, and to shape the way we think and live through it.

## We're serious!

All of us who work on *Explore* share a passion for getting the Bible into people's lives.

We fiercely hold to the Bible as God's word—to honour and follow, not to explain away.

1

Find a time you can read the Bible each day

2

Find a place where you can be quiet and think

3

Ask God to help you understand

4

Carefully read through the Bible passage for today

5

Study the verses with *Explore*, taking time to think

6

Pray about what you have read

the good book  
COMPANY

BIBLICAL | RELEVANT | ACCESSIBLE

# Welcome to *explore*

Being a Christian isn't a skill you learn, nor is it a lifestyle choice. It's about having a real relationship with the living God through his Son, Jesus Christ. The Bible tells us that this relationship is like a marriage.

It's important to start with this, because it is easy to view the practice of daily Bible reading as a Christian duty, or a hard discipline that is just one more thing to get done in our busy lives.

But the Bible is God speaking to us: opening his mind to us on how he thinks, what he wants for us and what his plans are for the world. And most importantly, it tells us what he has done for us in sending his Son, Jesus Christ, into the world. It's the way that the Spirit shows Jesus to us, and changes us as we behold his glory.

Here are a few suggestions for making your time with God more of a joy than a burden:

- ✔ *Time:* Find a time when you will not be disturbed. Many people have found that the morning is the best time as it sets you up for the day. But whatever works for you is right for you.
- ✔ *Place:* Jesus says that we are not to make a great show of our religion (see *Matthew 6:5-6*), but rather, to pray with the door to our room shut. Some people plan to get to work a few minutes earlier and get their Bible out in an office or some other quiet corner.
- ✔ *Prayer:* Although *Explore* helps with specific prayer ideas from the passage,

do try to develop your own lists to pray through. Use the flap inside the back cover to help with this. And allow what you read in the Scriptures to shape what you pray for yourself, the world and others.

- ✔ *Feast:* You can use the “Bible in a year” line at the bottom of each page to help guide you through the entire Scriptures throughout 2026. This year, you will have an Old Testament and a New Testament passage to read, enjoy and reflect on each day. Over the course of the year, you'll read through the entire Bible once!

- ✔ *Share:* As the saying goes, *expression deepens impression*. So try to cultivate the habit of sharing with others what you have learned. Why not join our Facebook group to share your encouragements, questions and prayer requests? Search for *Explore: For your daily walk with God*.

And enjoy it! As you read God's word and God's Spirit works in your mind and your heart, you are going to see Jesus, and appreciate more of his love for you and his promises to you. That's amazing!



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# NEW YEAR: Armour of God

*What can you know about the year ahead? One thing you can be sure of is that there will be battles. So, we need to be ready to fight.*

Paul ends his letter to the Ephesian church by reminding them to be on a war footing.

## Do be alert

### Read Ephesians 6:10-12

- ❓ *What do you need to stand against this year (v 11)?*
- ❓ *Who will you have to struggle against this year (v 12)?*
- ❓ *How does Paul highlight how these enemies are both cunning and powerful?*

“Don’t you know there’s a war on?” was a World War 2 catchphrase, said whenever anyone acted as if times were normal. This year, war won’t just be raging in the usual global hotspots—it will also be raging around our souls and against our churches. The question isn’t, “Will you be attacked this year?” It’s, “Will you be aware of it?”

Our enemy in this hand-to-hand combat is a spiritual mafia. The devil and his henchmen use every disguise and deception in the book. This is why following Jesus is hard!

#### TIME OUT

- ❓ *When are you most aware of this spiritual war going on, and when are you unaware of it?*

## Don’t be afraid

### Reread Ephesians 6:10-12

- ❓ *What is our responsibility in this war?*

- ❓ *Where does our strength come from to do this?*

Unlike the wars in the news, this war has a certain outcome. The devil and his hordes are stronger than you, but they are no match for your Lord.

### Read Ephesians 1:18-23

- ❓ *What is Christ’s position compared to these rulers, authorities and powers?*

Christ has not yet destroyed our spiritual enemies, but he has already defeated them. Satan will surprise you with his schemes this year, but he won’t surprise God. So be prepared, not petrified. Take heart and take your stand.

## Apply

- ❓ *What would being on a war footing look like...*
  - *for your church?*
  - *for you as a Christian?*
- ❓ *What do you need to change to be ready for the battles ahead?*

## Pray

*Lord, anything good I do this year will be done in your mighty power. I praise you that you are far above all the powers that scheme against me. Keep me alert each day this year and give me strength to still be standing at the end of this year. Amen.*

# Whose armour is it?

*Imagine walking home alone one night and a violent gang jump you, weapons in their hands. What chance would you have?*

Now imagine the same scene—but Iron-man has given you his armour to wear. Would you still be afraid?

In your struggle against the devil and his schemes, you have been provided with even better armour than that.

## God wore it

### Read Ephesians 6:10-13

To see what Paul means by the armour of God, we need to read the passages in Isaiah he is referring to.

### Read Isaiah 59:15b-20

❓ *What did the Lord achieve (v 16, 20)?*

❓ *What armour did he wear (v 17)?*

### Read Isaiah 11:1-5

Jesse was the father of King David—so the branch from the stump of Jesse is talking about Jesus, the Messiah, the son of David.

❓ *What did he achieve (v 4)?*

❓ *What armour did he wear (v 5)?*

So when Paul talks about the armour of God, he means the armour God wore to defeat his enemies and save his people. He means the armour Jesus wore to overcome evil and bring righteousness. The body of Christ can wear the armour of Christ.

Picture the spiritual forces of evil prowling around you, armed with deceptions and temptations, divisions and distractions,

accusations and persecutions. What chance do you have? Now picture the same scene—but God has given you his own armour to wear.

❓ *How do you feel now about this battle?*

## You wear it

### Reread Ephesians 6:10-13

❓ *What command is repeated (v 11, 13)?*

❓ *What will this enable us to do?*

“The day of evil” is not just a general description of life in this age. It points to particular times when Satan launches a surprise attack. Be prepared.

That means putting the armour on. Even God’s armour is useless if you leave it hanging on a hook.

❓ *Can you think of times when you have been overpowered by one of Satan’s attacks because you weren’t wearing God’s armour?*

❓ *How urgent is it that you put this armour on?*

## Pray

Thank God that you fight against Satan in God’s strength and God’s armour. Pray against complacency and self-reliance. Ask for his help to stand your ground this year.

# Belt of truth

*Have you ever been targeted by a scam? They can seem so innocent and convincing—but they're deceptions. Well, here is how to fight against the ultimate con artist.*

## Read Ephesians 6:14

- ❓ *What is the first part of the armour you must put on?*

One of the devil's schemes is deception. Jesus called him "a liar and the father of lies" (John 8:44). He deceived humanity in the garden and has tricked millions since with fake news, false teaching and fine-sounding but empty arguments. He wants to distort your view of who God is, to distract you from what is most important, and to dispute the truth of God's word.

So, how do you buckle this vital belt of truth round your waist this year?

## Believe the truth

### Read Ephesians 1:13-14

- ❓ *What is the message of truth?*  
 ❓ *What benefits did you receive when you first believed it?*

When Satan tempted Jesus in the wilderness, our champion responded with truth. Hold that same gospel as close to you as a belt round your waist.

### ▼ Apply

Don't get scammed. Experts in counterfeit money say that you learn to spot forgeries not by researching fakes but by knowing the genuine article so well that you can sense any deviation.

- ❓ *How can you know the gospel of salvation better this year?*  
 ❓ *What would it look like for you deliberately to test everything you hear against that standard?*

## Speak the truth

In Ephesians, truth isn't just something to be believed; it should be lived and spoken too.

- ❓ *Read Ephesians 4:14-15. What beautiful result does speaking the truth in love produce?*  
 ❓ *Read verse 25. Why should we renounce falsehood and speak the truth?*

Can you imagine your hand lying to your mouth about what food it is putting in there, or your eyes lying to your feet about where the edge of the road is? That's how ridiculous it is when members of the body of Christ tell each other white lies, exaggerated stories and made-up excuses.

### ▼ Apply

Resist the devil by being a person of truth.

- ❓ *When are you tempted to speak less than the whole truth?*  
 ❓ *What truths do you need to trust the next time that happens?*  
 ❓ *How do your answers to today's Apply questions prompt you to pray?*

# God's city


*Even in our mobile, fluid society, where you live matters. Your citizenship means you have the right to vote, the obligation to pay taxes, and the right to receive benefits.*

In the ancient world, it really mattered which city you belonged to, as this psalm reveals.

## The city

### Read Psalm 87:1-3

John Newton's famous hymn "Glorious Things of Thee Are Spoken" comes from this psalm.

 *But why are such glorious things being said? And about what?*

.... **TIME OUT** .....


God's city, Jerusalem, is a picture of God's people in God's place, under the loving rule of God's King. Jerusalem, under David and Solomon, saw a partial fulfilment of this. But the earthly Jerusalem failed, showing that God's true city—the New Jerusalem—would need to be something entirely different.


### Read Revelation 21:1-4


## The citizens

### Read Psalm 87:4-7

In the ancient world, those belonging to a city would be recorded in a register.

 *Who does the recording (v 4) and registering (v 6) in this city?*

 *Why do they go into the book?*

 *What is strange about the people who are included (v 4)?*

Astonishing! People from Rahab (Egypt) and Babylon (Israel's enemies), from Philistia and Tyre (Israel's annoying neighbours), and even from distant Cush (Ethiopia), equivalent in that culture to talking about people from Outer Mongolia) will all be named as citizens of this city.

## Pray

### Read Philippians 3:20

Spend some time praising God for the truth of this verse—if it is true for you.

Say out loud (or sing!) the truths of Newton's great hymn:

*Saviour, if of Zion's city,  
I through grace a member am,  
Let the world deride or pity,  
I will glory in thy name.*

*Fading is the worldling's pleasure,  
All his boasted pomp and show;  
Solid joys and lasting treasure  
None but Zion's children know.*

Pray that you might live as a born-again, registered citizen of the heavenly city this week...

# Breastplate of righteousness

*This year, as every year, there will be politicians, celebrities and leading Christians who will be exposed for their lack of integrity.*

One of the devil's schemes is temptation. The Bible calls him "the tempter" (Matthew 4:3). He tempted Adam and Eve, he tempted Jesus and each day this year he will tempt you. But "God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it" (1 Corinthians 10:13). God has provided armour for this attack too.

## What it is

### Read Ephesians 6:14

- ❓ *What is the second piece of armour God has provided, and what do you think it means to put it on?*

"Righteousness" has two distinct but connected meanings in the New Testament. Sometimes it means *imputed* righteousness (e.g. Romans 3:21-26; 4:4-8): this is where because we are united to Christ our sin is counted to him and his righteousness is counted as ours so that we can stand righteous in God's sight. Here in Ephesians though, it means *imparted* righteousness: this is where Christ by his Spirit changes us to make us righteous, as he is. This is our defence against temptation.

## How to wear it

### Read Ephesians 4:20-24

- ❓ *What is the new self like, that we have been taught to put on?*
- ❓ *Scan-read Ephesians 4:25 – 5:2. What sort of actions are involved in true righteousness and holiness?*

### Read Ephesians 5:8-11

You are not just in the light now—you are light in the Lord.

- ❓ *How then should you live?*

## Apply

Temptation may not seem like a big deal when you face it this year. You might think no one will ever know if you give in, or that it's just a small thing, or that you deserve it, or that everyone else does it, or that it's just this once. But temptation is one of Satan's schemes. Give in to it and you are failing to stand and fight.

- ❓ *How do you need to take fighting sin and resisting temptation seriously this year?*
- ❓ *What specific temptations have you been facing recently?*

## Pray

The Lord Jesus taught us to pray, "Lead us not into temptation, but deliver us from the evil one" (Matthew 6:13). Use this as the focus of your prayer today.

# Boots of peace

*An army will not defeat the enemy if they are busy fighting each other. The church is no different.*

One of the devil's schemes is division. When he has churches, or church members, competing against each other, arguing with each other, turning against each other or slandering one another, he knows they won't be ready to stand for the gospel together. Whenever believers are falling out, Satan is never very far away.

## The gospel of peace

### Read Ephesians 6:14-15

❓ *What should we put on our feet (v 15)?*

The gospel of peace tells us that Christ is our peace—he has made peace between you and God and peace between you and other Christians.

### Read Ephesians 2:11-18

❓ *How has Christ made peace between groups who were divided?*

Trying to persevere in the Christian life while divided against other Christians is like going into battle without any shoes on, or like walking barefoot across broken glass. A church at peace is ready to march forward.

## The unity of the Spirit

### Read Ephesians 4:1-3

❓ *What sort of person do you need to be to live at peace with other Christians (v 2)?*

❓ *How much effort should you put into maintaining unity in your church (v 3)?*

### Read Ephesians 4:26-27

❓ *How does the devil get a foothold in our churches?*

❓ *What do you need to do to prevent this from happening?*

## Apply

Ever wondered why church unity is so hard and elusive? Because it's a spiritual battle!

When there are personality clashes or divisions in your church this year, remember that the real enemy is not the other side! The real enemy is Satan, who wants to divide us. Fight him, not your brothers and sisters in Christ.

❓ *What arguments or divisions are there in your church? What can you do to maintain the unity of the Spirit in those situations?*

❓ *With which brothers and sisters in Christ do you find it hard to serve with? What will it look like to be completely humble and gentle towards them?*

❓ *Are you angry with any other Christians at the moment? How will you deal with that anger to stop the devil getting a foothold?*

## Pray

Pray that if it is possible, as far as it depends on you, you will live at peace with all the other Christians you know (Romans 12:18).



# Shield of faith

*In the movie Gladiator, there is a battle that begins with volleys of flaming arrows being launched at the opposing army. Imagine seeing them flying towards you...*

## Satan's arrows

The devil wants to stop you trusting God. He might use persecution or opposition to make you afraid. He wants difficult circumstances to discourage you and attractive opportunities to entice you. He tries to make you doubt God's goodness and his promises to you. These are his flaming arrows.

### Read Ephesians 6:16

- ❓ *What is the fourth item in the armour of God?*
- ❓ *What is this item used for?*

In Roman times soldiers often soaked their shields in water before battle, so that they would not get burned by the enemy's flaming arrows.

### ▼ Apply

Consider some of Satan's flaming arrows.

- ❓ *What opposition are you facing? What are you afraid of facing or losing?*
- ❓ *What difficult circumstances have discouraged you?*
- ❓ *What good things in the world do you find enticing?*
- ❓ *What doubts do you wrestle with?*

## Your shield

Ephesians tells us more about the faith that can shield us from all that Satan fires at us.

### Read Ephesians 1:15-19a; 2:8-9; 3:12 and 3:16-17a

The object of faith is the Lord Jesus (1:15). Faith unites you to him so that everything that is true of him in his human nature is now true of you too. So through faith you are connected to God's power (1:19), you receive salvation by grace (2:8), you have access to the Father in prayer (3:12) and you are indwelt by the Spirit (3:17).

Any time you aren't trusting God you are like a soldier entering the battlefield without a shield.

### ▼ Apply

Consider the shield that God has given you.

- ❓ *How do the benefits of faith in these verses extinguish Satan's flaming arrows when it comes to...*
  - *persecution and opposition?*
  - *discouragement?*
  - *enticements?*
  - *doubts?*

### ▲ Pray

Praise the Lord that faith unites you to Christ, and that through faith you have access to God's power, grace and presence. Pray that God's mighty power would strengthen you to remain faith-full this year when you face opposition, discouragement, enticement and doubt.

# Helmet of salvation

*In June 2024 celebrity chef Gordon Ramsay posted pictures of his bruises from a bike accident and said, "A helmet saved my life..." This year a helmet could save yours too.*

One of the devil's schemes is accusation. His name, Satan, means "accuser". He aims to load you with guilt, to persuade you that you are unlovable and beyond saving, and to convince you that you are not good enough to be a real Christian.

## Wearing salvation

### Read Ephesians 6:17

- ❓ *What is the fifth piece of armour God has given you to wear?*

Paul has told us about that salvation earlier in Ephesians.

### Read Ephesians 2:1-10

- ❓ *What have you been saved from (v 1-3)?*

Note the reference here to Satan: "the ruler of the kingdom of the air".

- ❓ *What have you been saved by (v 4-9)?*  
 ❓ *What have you been saved for (v 10)?*

You were dead, but God made you alive with Christ. You were a slave, but God raised you up with Christ. You deserved wrath, but God saved you by grace. This is salvation! Forgetting you are saved, though, is like entering battle without a helmet.

## Resisting accusation

### Read Revelation 12:10-12

This is shouted in heaven after Jesus has been born of a woman on earth and then

been borne up to God's throne in heaven (Revelation 12:1-9).

- ❓ *What has happened to Satan, the accuser?*  
 ❓ *What is he doing now (v 12, and also v 13-17)?*

Satan is no longer in heaven! He can no longer accuse you before God, because of "the blood of the Lamb" (v 11). What wonderful news! But he is now on earth, so he can accuse you in your conscience.

Conviction is a work of the Holy Spirit: the Spirit will convict you of specific sins to show you your need of Christ as Saviour. Condemnation is a work of Satan: Satan tries to make you feel you are so bad that Christ can't be your Saviour. But "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). Wear the helmet of salvation to defend you from Satan's accusations.

## ▼ Apply

- ❓ *When do you hear the voice of accusation?*  
 ❓ *What will you say to yourself about salvation the next time you hear it?*

## ▲ Pray

Turn Ephesians 2:4-10 and Revelation 12:10-12 into a prayer of praise for your salvation.

# Sword of the Spirit

*The Louvre art gallery in Paris contains the “Joyeuse”, said to be the sword of Charlemagne. You can’t hold that weapon—yet you can wield the sword of the Lord Jesus.*

## The devil’s schemes

One of the devil’s schemes is to get you to *doubt* God’s word. His first words in the Garden of Eden were “Did God really say...?” (Genesis 3:1). He wants to cast doubt on its meaning, its truth, its goodness and its power by persuading you it’s unclear, mistaken, boring or pointless.

He also schemes to *distract* you from God’s word. The kids being selected for a football team that clashes with church; the crisis at work or the scrolling on your phone that gets in the way of your daily Bible-reading; the feeling that you can’t be bothered this morning—these are signs that a spiritual battle is raging.

### TIME OUT

❓ *What doubts about God’s word have you been wrestling with?*

❓ *What distractions get in the way of listening to God’s word?*

## The Spirit’s sword

### Read Ephesians 6:17

❓ *What is the final piece of armour God has given you?*

This is the very same sword that Jesus used when he overcame the devil.

### Read Matthew 4:1-11

❓ *How did Jesus use this sword to defeat Satan?*

In all your battles with the powers of evil, remember that Jesus has already triumphed over Satan. You can trust in his victory and wield the same sword that he used when the devil attacks you with doubts and distractions this year.

## Apply

❓ *What can you learn from how Jesus wielded this sword against Satan?*

❓ *What Bible verses will you memorise next?*

❓ *How will you prioritise listening to and then calling to mind God’s word this year?*

❓ *When do you need to be bolder in speaking God’s word?*

## Pray

Praise the Lord Jesus for giving you his very own sword. Pray against doubts and distractions, and that you would hunger for his word, read it, listen to it, trust it, obey it, memorise it, speak it and live by it this year.

# Secret weapon

*You wouldn't bring a knife to a gunfight. And why bring a rifle when you can call in an airstrike?!*

In your struggle against the spiritual forces of evil you have an extra secret weapon, the most powerful of all: prayer. The pastor John Piper says that prayer is like a soldier's walkie-talkie on the battlefield: you can talk to your general and call in help from the skies.


## Pray for...

### Read Ephesians 6:18




Most Christians pray on *some* occasions, with *some* prayers and for *some* of the Lord's people.

 *But how should we pray?*

### Apply


 *How does your praying measure up against Paul's command here?*

"Be alert", says Paul. The biggest reason that we forget to put our armour on and that we fail to pray is that we are unaware of the spiritual battle raging against us. Going into your day without praying is like a soldier going into battle with no way of communicating with his commanding officer.

-  *How has Ephesians 6 made you more aware of this battle?*
-  *How will you stay alert throughout this year?*
-  *How would seeing prayer as part of spiritual battle change the way you pray?*



## Pray for me

### Read Ephesians 6:19-20

 *How does Paul want his readers to pray for him?*

If the great apostle Paul needed prayer, how much more do you and your church leaders! Even if you are at a stage of life where you can't be involved in as much ministry as you'd like to be yourself, you can support those who are by being a prayer warrior for them.

### Apply

-  *Who do you know who speaks God's word as an ambassador?*
-  *Will you commit to praying for them in this way?*

It would be a great idea to send them a message or an email today, asking them what they need you to pray for.

### Pray

Don't carry on with your day until you've started putting this passage into practice! The battle is raging, but the God of heaven is mighty and powerful and available for us. Pray for all the Lord's people you can think of, to be able to stand their ground. Pray for ministers and evangelists to speak God's word fearlessly. Then keep on praying, and keep putting on the armour—all year!

# In the darkest depth

*Is this the saddest prayer in the Psalter? Probably. We don't know much about Heman the Ezrahite, but he is certainly having a shocker of a time.*

## Read Psalm 88

- ❓ *Make a list. What are the different images Heman uses to describe his experience?*

Pick five of the phrases in verses 3-18 with which you can most readily identify from experiences in your own life.

- ❓ *Can you remember having felt like this?*
- ❓ *If so, when and why?*

The one positive in the psalm is in verses 1-2.

- ❓ *What is it?*

## Apply

Many, if not most, people will go through a time like this in their lives: yes, even Christians. And if not now in the full flush of youth, then perhaps in later years or when confronted by the death of a loved one.

- ❓ *How does this psalm suggest we will survive this experience?*

The psalm is a prayer. Despite the hideous time the writer is having, he is expressing himself humbly to God in prayer. The biggest mistake we can make is to close ourselves off from God in our suffering.

..... **TIME OUT** .....

## Read Romans 8:18-23

Paul is talking about the Christian's experience in the world today.

- ❓ *Why is the world in such a state?*
- ❓ *What are we waiting for?*
- ❓ *How should this encourage us when we experience these emotions?*

## Apply

Imagine Heman comes round for a chat on Tuesday evening.

- ❓ *How could you help him—what would you say and do?*
- ❓ *And what would you pray for him on Wednesday morning?*

From the wording that precedes the psalm, it is clear that Heman is the lead singer of a worship band called *The Sons of Korah*. No matter how gifted or famous you might be, no one is immune from catastrophic life problems.

And don't miss the biggest point here. Jesus has suffered all this and more. He prayed to his Father and committed himself to his Lord even in the depths of his suffering. And God answered on the third day.

## Pray

Do you know anyone who is experiencing this psalm personally? If so, pray for them now, for patience and for perseverance.

Otherwise, pray that you might be prepared to help fellow believers like Heman when the opportunity arises.


# JOHN: Jesus' kind authority

*Where we last left John's Gospel, Jesus had just healed a man who couldn't walk. Then John drops in that this occurred on a Saturday...*

All the rest of the chapter springs out of this detail, while the wonderful healing is ignored!

## Religion or rescue?

### Read John 5:9b-11

 *What did they say was wrong?*


Notice how this action is mentioned in each of verses 8, 9, 10, and 11.

Look at the arguments used by the Jewish leaders and by the man. It is a question of authority. They say "the law" forbids him to carry his mat (portable camping bed); he says "the man who made me well" told him to carry it. Their "law" is not the Old Testament Sabbath law, which was a rhythm of life to do people good and make sure they rest and rejoice in God; they are talking about their extra manmade laws, which Jesus seems to undermine.

## The anonymous healer


### Read John 5:12-13

What a surprise; the most wonderful thing in all his life happens to him, and he has no idea who did it! Jesus' disciples don't seem to be with him in this chapter. They are probably still in Galilee.

 *Why do you think Jesus slipped away quietly into the crowds?*

## Physical healing, spiritual danger

### Read John 5:14-15

 *Why does Jesus seek this man out and find him? What does he say to him?*

#### TIME OUT

Does this mean the man's sickness was the direct result of his sinfulness? Not necessarily. It is hard to think what could be "something worse" than 38 years of debilitating illness, except an eternal punishment for his soul.

### Read Romans 2:4

God's kindness is always intended to move us to repentance. Jesus wants this man to be saved for ever, not just made physically better for a few years.

## Pray

Thank God that he cares for you both physically and spiritually. Give him praise that your future is eternally secure because you've trusted in Jesus.

Come before him in confession for anything that is not in line with his ways, knowing that he loves to forgive.