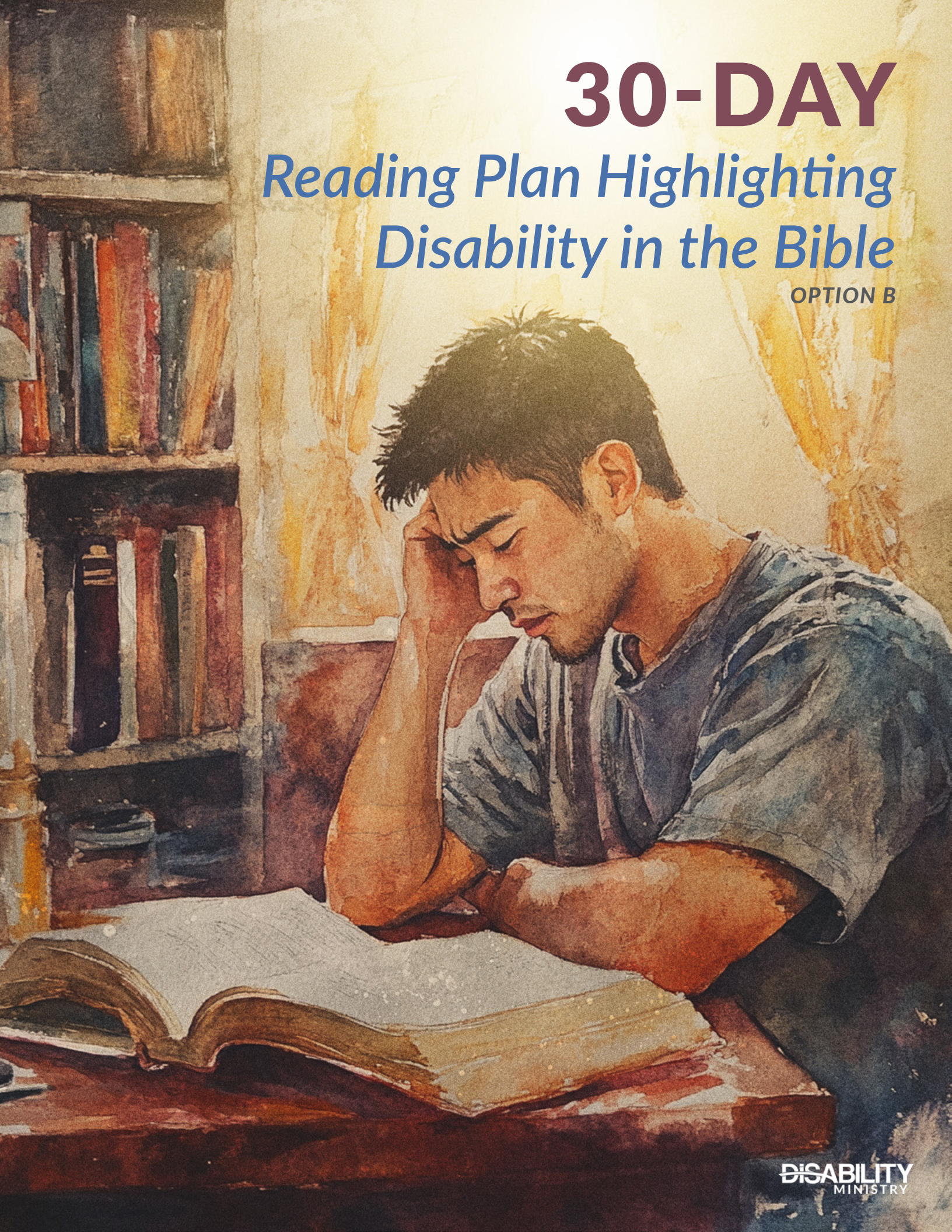


30-DAY

Reading Plan Highlighting Disability in the Bible

OPTION B



30-DAY BIBLE READING PLAN

This plan pairs Old Testament and New Testament references each day, highlighting God's compassionate view of disability and His call for inclusive love and care within the community.

Each day, meditate on God's view of inclusivity, compassion, and love for all people, emphasizing the value of each person regardless of ability.

This reading plan includes daily Bible references, discussion questions, and prayer prompts to help guide reflection on each passage and what it reveals about God's compassion and call to embrace disability and vulnerability within the community.

**For this plan, we reference scripture each day, but encourage you to read the entire passage for yourself or as a group.*

Week 1: God's Compassion for the Vulnerable

Day 1

- **Old Testament:** Exodus 4:10-12 – God assures Moses, who expresses insecurity about his speech.
- **New Testament:** Matthew 11:28-30 – Jesus invites the weary and burdened to find rest in Him.
- **Discussion:** How does God's response to Moses' insecurity about his speech remind us of His view of our limitations?
- **Prayer:** "Lord, help me to trust that You are with me in my weaknesses, and give me the courage to serve despite my insecurities."



DISABILITY HIGHLIGHTS

Day 2

- **Old Testament:** Leviticus 19:14 – A command not to curse the deaf or place obstacles for the blind.
- **New Testament** Mark 2:3-5 – Jesus heals a paralyzed man, showing compassion and forgiveness.
- **Discussion:** Why is it important to treat people with disabilities with respect and dignity?
- **Prayer:** “God, open my heart to see others as You do, and give me the wisdom to act with compassion and respect.”

Day 3

- **Old Testament::** Deuteronomy 27:18 – Warning against misleading the blind.
- **New Testament** Luke 14:12-14 – Jesus teaches on inviting the poor, crippled, and blind.
- **Discussion:** What does it mean to you that Jesus invites those who society often overlooks?
- **Prayer:** “Jesus, teach me to be inclusive and welcoming, just as You are. Help me to reach out to those who may feel marginalized.”

Day 4

- **Old Testament::** Psalm 34:18 – God is close to the brokenhearted.
- **New Testament:** John 9:1-3 – Jesus explains that a man’s blindness is an opportunity to reveal God’s work.
- **Discussion:** How does God’s closeness to the brokenhearted encourage you?
- **Prayer:** “Lord, thank You for being close to those in pain. Comfort those who are struggling, and use me to extend Your love to them.”

Day 5

- **Old Testament:** Psalm 139:13-16 – Each person is fearfully and wonderfully made by God.
- **New Testament:** 1 Corinthians 1:26-29 – God chooses the “weak” to demonstrate His strength.
- **Discussion:** How can knowing we are “fearfully and wonderfully made” change the way we view ourselves and others?
- **Prayer:** “Creator God, help me to see myself and others through Your eyes, appreciating the beauty and purpose You’ve placed in each of us.”

30-DAY BIBLE READING PLAN

Day 6

- **Old Testament:** Isaiah 35:5-6 – A vision of healing, where the blind see and the lame leap.
- **New Testament:** Matthew 15:30-31 – Jesus heals the lame, blind, and mute.
- **Discussion:** What do Jesus' healings teach us about His heart for the sick and disabled?
- **Prayer:** "Jesus, thank You for Your compassion. Help me to show that same compassion to those who are hurting and in need."

Day 7

- **Old Testament:** Isaiah 42:16 – God will guide the blind along unfamiliar paths.
- **New Testament:** Matthew 5:3-10 – The Beatitudes, emphasizing the blessedness of the "least" in society.
- **Discussion:** What does it mean for God to guide us along "unfamiliar paths"?
- **Prayer:** "God, lead me with Your light, especially in times of uncertainty. Help me trust You, knowing You care for all my needs."

Week 2: Healing and Restoration

Day 8

- **Old Testament:** Jeremiah 1:4-8 – God reassures Jeremiah despite his young age and insecurities.
- **New Testament:** John 5:1-9 – Jesus heals a man who has been disabled for 38 years.
- **Discussion:** How does God's assurance to Jeremiah inspire us to embrace our own strengths and weaknesses?
- **Prayer:** "Lord, give me confidence in Your call on my life. Help me to believe that my limitations don't limit Your work in me."

Day 9

- **Old Testament:** Micah 6:8 – The call to act justly and love mercy.
- **New Testament:** Matthew 20:29-34 – Jesus heals two blind men who call out for mercy.
- **Discussion:** How can we, like Jesus, respond to the needs of those around us?
- **Prayer:** "God, make my heart compassionate and my hands ready to serve those who need care and attention."

DISABILITY HIGHLIGHTS

Day 10

- **Old Testament:** Zechariah 8:4-5 – A vision of a community where everyone, including the elderly, is valued.
- **New Testament:** Mark 7:31-37 – Jesus heals a man who is deaf and mute.
- **Discussion:** How does this story challenge you to be attentive to those who feel isolated due to disability?
- **Prayer:** “Jesus, help me to notice those who feel left out and give me the courage to connect with them in love.”

Day 11

- **Old Testament:** Psalm 146:7-9 – God cares for the oppressed, the blind, and those in need.
- **New Testament:** Luke 18:35-43 – Jesus heals a blind beggar who persistently calls out to Him.
- **Discussion:** What does this story teach us about persistence and faith?
- **Prayer:** “Lord, strengthen my faith and help me to trust that You see and respond to the needs of Your people.”

Day 12

- **Old Testament:** Proverbs 31:8-9 – Speak up for those who cannot speak for themselves.
- **New Testament:** Mark 9:17-27 – Jesus heals a boy with an unclean spirit, showing compassion for the family’s struggle.
- **Discussion:** How can we be advocates for those who cannot speak for themselves?
- **Prayer:** “God, help me to speak up for those who need a voice. Give me courage to stand for justice and truth.”

Day 13

- **Old Testament:** Job 29:15-16 – Job reflects on being eyes to the blind and feet to the lame.
- **New Testament:** Luke 5:17-26 – Jesus forgives and heals a paralyzed man brought to Him by friends.
- **Discussion:** How can you be “eyes to the blind” and “feet to the lame” in your community?
- **Prayer:** “Lord, show me ways I can be Your hands and feet to those who need support and encouragement.”

30-DAY BIBLE READING PLAN

Day 14

- **Old Testament:** Isaiah 40:29-31 – God gives strength to the weary and power to the weak.
- **New Testament:** Romans 8:26-27 – The Spirit helps us in our weakness.
- **Discussion:** How do we find strength in God during times of physical or emotional weakness?
- **Prayer:** “God, renew my strength each day. Remind me that Your power is made perfect in my weakness.”

Week 3: Unity and Inclusion in the Body of Christ

Day 15

- **Old Testament:** Exodus 23:6 – A call for justice for all, including those with vulnerabilities.
- **New Testament:** 1 Corinthians 12:21-26 – The Body of Christ includes and honors all members.
- **Discussion:** Why is it important to treat all members of the Body of Christ with honor, regardless of their abilities?
- **Prayer:** “Lord, help me to value each person as a vital part of Your Body, especially those who may feel overlooked.”

Day 16

- **Old Testament:** Psalm 41:1-3 – Blessings for those who care for the weak.
- **New Testament:** James 2:1-4 – A warning against favoritism, calling for equal treatment of all.
- **Discussion:** How can we avoid showing favoritism and ensure equal treatment for all in our community?
- **Prayer:** “God, keep me from favoritism. Help me to love all people equally, just as You do.”

Day 17

- **Old Testament:** Isaiah 61:1-2 – A prophecy of freedom for the oppressed.
- **New Testament:** Luke 4:16-21 – Jesus reads Isaiah’s prophecy, proclaiming it fulfilled.
- **Discussion:** What does Jesus’ mission of freedom mean for those with physical or spiritual limitations?
- **Prayer:** “Jesus, thank You for bringing freedom. Help me to support and encourage others to experience Your love and grace.”

DISABILITY HIGHLIGHTS

Day 18

- **Old Testament:** Psalm 71:20-21 – God restores and comforts even in hardship.
- **New Testament:** 2 Corinthians 12:7-10 – Paul’s “thorn in the flesh” and God’s grace in weakness.
- **Discussion:** How does Paul’s “thorn in the flesh” show us a way to embrace our own challenges?
- **Prayer:** “Lord, thank You for being my strength. Teach me to lean on You, knowing Your grace is enough for me.”



Day 19

- **Old Testament:** Proverbs 14:31 – Showing kindness to the needy honors God.
- **New Testament:** Galatians 6:2 – Bear one another’s burdens as a reflection of Christ’s love.
- **Discussion:** Why is kindness to those in need such an essential part of following God?
- **Prayer:** “Lord, let my heart overflow with kindness and my actions reflect Your love to those in need.”

Day 20

- **Old Testament:** Zechariah 7:9-10 – A reminder to show kindness and compassion to all.
- **New Testament:** Ephesians 4:2 – Be humble, gentle, and patient, bearing with one another in love.
- **Discussion:** How can we cultivate a heart of compassion and gentleness toward others?
- **Prayer:** “Jesus, make me humble and patient, always willing to bear with others in love, just as You bear with me.”

Day 21

- **Old Testament:** Psalm 82:3-4 – Defend the weak and uphold the cause of the vulnerable.
- **New Testament:** Philippians 4:13 – Strength comes through Christ, even in weakness.
- **Discussion:** How can we defend the vulnerable and uphold the cause of those who need extra care?
- **Prayer:** “God, give me courage to stand up for justice and defend the rights of those who need it most.”

30-DAY BIBLE READING PLAN

Week 4: God's Redemption and Eternal Hope

Day 22

- **Old Testament:** Isaiah 49:13-16 – God will not forget those who suffer.
- **New Testament:** John 10:10 – Jesus came to give life to the fullest, for everyone.
- **Discussion:** How does knowing God will not forget us give hope in times of hardship?
- **Prayer:** “Thank You, Lord, for Your unwavering love. Help me trust that You remember me in all circumstances.”

Day 23

- **Old Testament:** Psalm 23:1-4 – The Lord as a shepherd, guiding us even in dark valleys.
- **New Testament:** 2 Corinthians 4:16-18 – Our present suffering is temporary, with an eternal reward.
- **Discussion:** How does God's role as our Shepherd bring comfort to those facing disabilities?
- **Prayer:** “Shepherd God, thank You for guiding and protecting me. Help me trust You even in dark times.”

Day 24

- **Old Testament:** Job 42:10-17 – God restores Job's life, highlighting His power to renew.
- **New Testament:** Romans 8:18 – Our current sufferings are nothing compared to the glory to come.
- **Discussion:** How does God's restoration of Job inspire us to trust Him in all things?
- **Prayer:** “Lord, restore my hope and renew my strength. I trust that You are working even when life feels hard.”

Day 25

- **Old Testament:** Psalm 73:26 – God is our strength and portion forever.
- **New Testament:** 2 Timothy 1:7 – God gives a spirit of power, love, and self-discipline.
- **Discussion:** How does knowing that God is our strength and portion affect our outlook on life?
- **Prayer:** “God, be my strength. Help me to rely on You alone, knowing You sustain me always.”

DISABILITY HIGHLIGHTS

Day 26

- **Old Testament:** Isaiah 25:8 – A promise that God will one day wipe away all tears.
- **New Testament:** Revelation 21:3-4 – God’s promise of a new heaven and earth with no more pain.
- **Discussion:** How does the promise of no more pain in heaven inspire hope for those experiencing suffering now?
- **Prayer:** “Lord, I look forward to the day of no more pain. Give me hope and patience until that day comes.”

Day 27

- **Old Testament:** Lamentations 3:21-23 – God’s mercies are new every morning, even in suffering.
- **New Testament:** James 5:13-15 – Praying for those who are sick and in need.
- **Discussion:** How can we find new mercies in God even amidst ongoing struggles?
- **Prayer:** “God, thank You for Your fresh mercies each day. Help me to rely on Your compassion and grace.”

Day 28

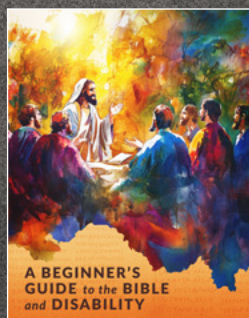
- **Old Testament:** Jeremiah 29:11 – God’s plan for hope and a future.
- **New Testament:** Hebrews 4:15-16 – Jesus understands our struggles and offers grace.
- **Discussion:** How does knowing God’s plans give us peace in the face of challenges?
- **Prayer:** “Lord, remind me that You have a good plan for me. Help me to trust You even when life is difficult.”

Day 29

- **Old Testament:** Isaiah 53:3-5 – Jesus as the suffering servant, taking on our pain.
- **New Testament:** 1 Peter 5:7 – Cast all anxieties on God, for He cares for you.
- **Discussion:** How does Jesus’ suffering help us connect with Him in our own suffering?
- **Prayer:** “Jesus, thank You for taking on our pain. Help me to feel close to You, even in my struggles.”

Day 30

- **Old Testament:** Psalm 121:1-2 – Our help comes from the Lord, the Maker of heaven and earth.
- **New Testament:** Romans 15:13 – May the God of hope fill you with peace and joy.
- **Discussion:** How does knowing our help comes from the Lord give strength and hope?
- **Prayer:** “God, I look to You as my help and my hope. Thank You for being my ever-present help.”



Additional 30-day reading plans for caregivers, Disability Ministry leaders, people affected by disabilities, siblings, and plans highlighting disability in the Bible are available in the free resource, A Beginner's Guide to the Bible and Disability.



If you feel the call to start a disability ministry, or need assistance with an existing ministry, scan the QR code to request a free consultation.