

30-DAY

Bible Reading Plan for Siblings



BIBLE READING PLAN



This 30-day Bible reading plan designed to uplift and encourage siblings of individuals with disabilities. Each day includes a Bible passage, a discussion question, a prayer prompt, and a word of encouragement to help them feel valued, supported, and seen by God.

Day 1

- **Verse:** Psalm 139:13-14 – “You created my inmost being; you knit me together in my mother’s womb.”
- **Question:** How does it feel to know that you are “fearfully and wonderfully made”?
- **Prayer:** Thank God for making you unique and valuable.
- **Encouragement:** You were created with purpose, and your role as a sibling is important in God’s plan.

Day 2

- **Verse:** Ephesians 2:10 – “For we are God’s handiwork, created in Christ Jesus to do good works.”
- **Question:** How can you show kindness to your sibling today?
- **Prayer:** Ask God to help you see the good works He has prepared for you.
- **Encouragement:** You have a special purpose, and your love for your sibling is part of it.

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Day 3

- **Verse:** Proverbs 17:17 – “A friend loves at all times, and a brother is born for a time of adversity.”
- **Question:** How can you be a friend and supporter to your sibling?
- **Prayer:** Pray for strength to be there for your sibling.
- **Encouragement:** You were chosen to be your sibling’s friend and helper during life’s challenges.

Day 4

- **Verse:** Galatians 6:2 – “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”
- **Question:** How can you help ease your sibling’s burdens today?
- **Prayer:** Pray for the patience to support your sibling.
- **Encouragement:** Your care is a beautiful way to show Christ’s love to your sibling.

Day 5

- **Verse:** Psalm 23:1 – “The Lord is my shepherd; I lack nothing.”
- **Question:** How does God provide for you when you need help?
- **Prayer:** Thank God for being a good Shepherd to you and your sibling.
- **Encouragement:** God cares for both you and your sibling. He is watching over you.

Day 6

- **Verse:** Romans 8:28 – “In all things, God works for the good of those who love him.”
- **Question:** How might God use your family’s story for good?
- **Prayer:** Ask God to help you trust His plan for your family.
- **Encouragement:** God is at work in your life, using even difficult times for good.

Day 7

- **Verse:** Isaiah 40:31 – “But those who hope in the Lord will renew their strength.”
- **Question:** When do you need strength the most as a sibling?
- **Prayer:** Pray for renewed strength and hope.
- **Encouragement:** God will give you the strength you need to love and support your sibling.

Day 8

- **Verse:** Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”
- **Question:** How can you find rest in Jesus?
- **Prayer:** Pray to experience Jesus’s rest and peace.
- **Encouragement:** You don’t have to carry everything alone; God offers you rest.

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Day 9

- **Verse:** Philippians 4:13 – “I can do all things through Christ who strengthens me.”
- **Question:** How has God helped you through challenging times?
- **Prayer:** Pray for courage and strength through Christ.
- **Encouragement:** God’s strength is always there for you, even when things feel overwhelming.

Day 10

- **Verse:** John 15:12 – “Love each other as I have loved you.”
- **Question:** How can you show love to your sibling today?
- **Prayer:** Ask God to help you love your sibling as He loves you.
- **Encouragement:** Your love is a beautiful gift that reflects God’s love to your sibling.

Day 11

- **Verse:** 1 Peter 5:7 – “Cast all your anxiety on him because he cares for you.”
- **Question:** What worries can you give to God?
- **Prayer:** Pray to release your anxieties to God.
- **Encouragement:** God cares deeply about your feelings and your burdens.

Day 12

- **Verse:** Proverbs 3:5 – “Trust in the Lord with all your heart.”
- **Question:** What areas do you need to trust God with in your family life?
- **Prayer:** Ask God to help you trust Him with your family’s challenges.
- **Encouragement:** Trusting God opens doors to peace, even in difficult times.

Day 13

- **Verse:** Psalm 46:1 – “God is our refuge and strength.”
- **Question:** How does God provide you strength?
- **Prayer:** Pray to feel God’s presence and strength.
- **Encouragement:** God is always your safe place when you feel overwhelmed.

Day 14

- **Verse:** Colossians 3:12 – “Clothe yourselves with compassion, kindness, humility, gentleness, and patience.”
- **Question:** How can you be compassionate toward your sibling?
- **Prayer:** Ask God to help you be kind and patient with your sibling.
- **Encouragement:** Your kindness makes a difference in your sibling’s life.

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Day 15

- **Verse:** 1 Thessalonians 5:11 – “Encourage one another and build each other up.”
- **Question:** Who in your family can you encourage today?
- **Prayer:** Pray to be a source of encouragement.
- **Encouragement:** Your words have the power to uplift and support those you love.

Day 16

- **Verse:** Romans 12:10 – “Be devoted to one another in love.”
- **Question:** How can you show love to each of your family members?
- **Prayer:** Ask for a loving heart for your family.
- **Encouragement:** Your devotion to your family is a special blessing from God.

Day 17

- **Verse:** James 1:5 – “If any of you lacks wisdom, you should ask God.”
- **Question:** Where do you need wisdom in your role as a sibling?
- **Prayer:** Pray for wisdom in understanding and supporting your sibling.
- **Encouragement:** God will help you in making wise choices as you care for your sibling.

Day 18

- **Verse:** Isaiah 41:10 – “Do not fear, for I am with you.”
- **Question:** How can remembering God is with you bring comfort?
- **Prayer:** Thank God for His constant presence.
- **Encouragement:** You’re never alone; God is always by your side.

Day 19

- **Verse:** 2 Corinthians 1:4 – “God comforts us so we can comfort others.”
- **Question:** How can you share God’s comfort with your sibling?
- **Prayer:** Pray to be a comforting presence for your sibling.
- **Encouragement:** Your compassion brings comfort to your sibling, showing them God’s love.

Day 20

- **Verse:** 2 Timothy 1:7 – “God gave us a spirit of power, love, and self-discipline.”
- **Question:** How can God’s power help you?
- **Prayer:** Ask God for courage and a loving spirit.
- **Encouragement:** You are strong and capable because God’s Spirit is with you.

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Day 21

- **Verse:** Jeremiah 29:11 – “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”
- **Question:** How does it feel to know God has good plans for your life?
- **Prayer:** Pray for confidence in God’s good plans.
- **Encouragement:** God has a unique and beautiful future planned for you, even if things are hard right now.

Day 22

- **Verse:** Psalm 34:17-18 – “The righteous cry out, and the Lord hears them; he delivers them from all their troubles.”
- **Question:** When have you felt comforted knowing God hears your prayers?
- **Prayer:** Pray for comfort in knowing that God listens and responds to you.
- **Encouragement:** God hears every cry and every prayer you bring to Him—He’s always near.

Day 23

- **Verse:** Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”
- **Question:** What worries can you give to God?
- **Prayer:** Ask God to replace worries with peace.
- **Encouragement:** You can find peace by giving your concerns to God, knowing He’s in control.

Day 24

- **Verse:** 1 Corinthians 13:4-7 – “Love is patient, love is kind...”
- **Question:** How can you show this kind of love to your sibling?
- **Prayer:** Pray for God’s love to fill you and guide your actions.
- **Encouragement:** Your love for your sibling reflects God’s patient, kind love, even when it’s tough.

Day 25

- **Verse:** Romans 15:5 – “May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had.”
- **Question:** How can you support your sibling with encouragement today?
- **Prayer:** Pray for endurance and encouragement in your role as a sibling.
- **Encouragement:** God will give you the strength and encouragement you need each day.

Day 26

- **Verse:** Matthew 5:16 – “Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”
- **Question:** How can your actions show God’s love to your sibling?
- **Prayer:** Pray for opportunities to let your love shine brightly.
- **Encouragement:** Your kindness and care are a light to others, showing them God’s love in action.

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Day 27

- **Verse:** Hebrews 10:24 – “And let us consider how we may spur one another on toward love and good deeds.”
- **Question:** How can you inspire your sibling or family to show love today?
- **Prayer:** Ask God to help you encourage others in loving ways.
- **Encouragement:** Your support encourages your whole family to show love and kindness.

Day 28

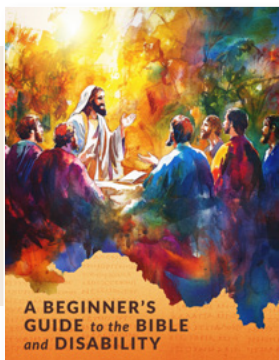
- **Verse:** Psalm 46:10 – “Be still, and know that I am God.”
- **Question:** How can being still before God bring you peace?
- **Prayer:** Pray to feel God’s presence and peace in moments of stillness.
- **Encouragement:** God invites you to rest in Him, reminding you that He’s in control of all things.

Day 29

- **Verse:** Lamentations 3:22-23 – “Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning.”
- **Question:** What’s one way you see God’s mercy in your life each day?
- **Prayer:** Thank God for His daily mercies and faithfulness.
- **Encouragement:** God’s love and mercy are fresh every day, ready to renew and strengthen you.

Day 30

- **Verse:** Revelation 21:4 – “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain.”
- **Question:** How does this promise give you hope for the future?
- **Prayer:** Pray to hold onto hope, trusting in God’s promises.
- **Encouragement:** One day, God will make everything new, wiping away all pain and tears for you and your sibling.



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



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.



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