

A watercolor illustration of a man with a beard and glasses, wearing a yellow and white striped shirt, reading a large, open book. The background is a light, textured wash of colors. The text is overlaid on the left side of the image.

30-DAY

*Bible Reading Plan
for People with
Disabilities*

BIBLE READING PLAN



The following 30-day Bible reading plan is specifically designed to encourage and uplift people with disabilities. Each day includes a Bible verse, a discussion question, and a prayer prompt. May the Holy Spirit build you up daily as you seek wisdom, compassion, and blessing from God.

Day 1

- **Verse:** Psalm 139:14 – “I praise you because I am fearfully and wonderfully made.”
- **Question:** How does knowing you are “wonderfully made” change your view of yourself?
- **Prayer:** Thank God for creating you uniquely and wonderfully.

Day 2

- **Verse:** Jeremiah 29:11 – “For I know the plans I have for you,” declares the Lord.
- **Question:** How does it feel to know God has a plan for your life?
- **Prayer:** Pray for trust in God’s plan, even when it’s hard to understand.

Day 3

- **Verse:** Isaiah 40:31 – “Those who hope in the Lord will renew their strength.”
- **Question:** How can you find strength by hoping in the Lord today?
- **Prayer:** Ask God for strength and renewed hope.

Day 4

- **Verse:** Philippians 4:13 – “I can do all things through Christ who strengthens me.”
- **Question:** In what areas of your life do you need Christ’s strength?
- **Prayer:** Pray for the strength to face each day with courage.

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Day 5

- **Verse:** 2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”
- **Question:** How does God’s grace encourage you when you feel weak?
- **Prayer:** Thank God for His grace that covers every part of your life.

Day 6

- **Verse:** Psalm 46:1 – “God is our refuge and strength, an ever-present help in trouble.”
- **Question:** How has God been a refuge for you?
- **Prayer:** Ask for God’s help to feel His presence in times of trouble.

Day 7

- **Verse:** Romans 8:28 – “In all things, God works for the good of those who love him.”
- **Question:** How can you trust God to work for your good, even in challenges?
- **Prayer:** Pray for trust in God’s ability to bring good out of every situation.

Day 8

- **Verse:** Proverbs 3:5 – “Trust in the Lord with all your heart and lean not on your own understanding.”
- **Question:** What areas do you find difficult to trust God with?
- **Prayer:** Ask God to help you trust Him completely.

Day 9

- **Verse:** Psalm 23:1 – “The Lord is my shepherd; I lack nothing.”
- **Question:** What does it mean for you to know that God will provide all you need?
- **Prayer:** Thank God for being your shepherd and for taking care of you.

Day 10

- **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 for God’s rest and peace to renew your spirit.



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Day 11

- **Verse:** Isaiah 41:10 – “Do not fear, for I am with you.”
- **Question:** How does it feel to know that God is always with you?
- **Prayer:** Thank God for His comforting presence.

Day 12

- **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.

Day 13

- **Verse:** Psalm 34:18 – “The Lord is close to the brokenhearted.”
- **Question:** When have you felt God’s closeness in hard times?
- **Prayer:** Thank God for His closeness and comfort in your struggles.

Day 14

- **Verse:** Romans 12:12 – “Be joyful in hope, patient in affliction, faithful in prayer.”
- **Question:** Which of these do you need most today: hope, patience, or prayer?
- **Prayer:** Pray for joy, patience, and a faithful heart.

Day 15

- **Verse:** Colossians 3:15 – “Let the peace of Christ rule in your hearts.”
- **Question:** How can Christ’s peace bring you comfort today?
- **Prayer:** Ask for Christ’s peace to fill your heart and mind.

Day 16

- **Verse:** Psalm 121:1-2 – “My help comes from the Lord, the Maker of heaven and earth.”
- **Question:** Where do you need God’s help most today?
- **Prayer:** Pray for God’s help in the areas where you feel most challenged.



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Day 17

- **Verse:** 2 Timothy 1:7 – “For God gave us a spirit not of fear but of power and love and self-control.”
- **Question:** How can you live out God’s Spirit of power and love?
- **Prayer:** Pray for courage, love, and self-control.

Day 18

- **Verse:** Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition... present your requests to God.”
- **Question:** What anxieties can you bring to God today?
- **Prayer:** Ask for peace that surpasses understanding as you give your worries to God.

Day 19

- **Verse:** 1 Thessalonians 5:11 – “Encourage one another and build each other up.”
- **Question:** Who can you encourage today?
- **Prayer:** Pray for the strength to encourage and uplift others around you.

Day 20

- **Verse:** Ephesians 3:20 – “Now to him who is able to do immeasurably more than all we ask or imagine.”
- **Question:** Where can you trust God to do more than you can imagine?
- **Prayer:** Thank God for His power to do more than you can dream.



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Day 21

- **Verse:** Hebrews 13:5 – “Never will I leave you; never will I forsake you.”
- **Question:** How does God’s promise to stay with you bring comfort?
- **Prayer:** Thank God for His faithful presence.

Day 22

- **Verse:** Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast.”
- **Question:** How can you keep your mind focused on God for peace?
- **Prayer:** Pray to stay focused on God.

Day 23

- **Verse:** 1 Corinthians 10:13 – “God is faithful; he will not let you be tempted beyond what you can bear.”
- **Question:** How can God’s faithfulness help you through tough times?
- **Prayer:** Thank God for His faithfulness and support in times of struggle.

Day 24

- **Verse:** John 16:33 – “In this world you will have trouble. But take heart! I have overcome the world.”
- **Question:** How does Jesus’s victory give you hope in hard times?
- **Prayer:** Pray for courage and hope in Jesus’s victory over the world.

Day 25

- **Verse:** Zephaniah 3:17 – “The Lord your God is with you, the Mighty Warrior who saves.”
- **Question:** How does it feel to know God is with you as a Mighty Warrior?
- **Prayer:** Thank God for His mighty power to save and protect you.

Day 26

- **Verse:** Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”
- **Question:** How can you find joy and peace by trusting in God?
- **Prayer:** Pray for joy and peace to fill your heart through faith.

Day 27

- **Verse:** Joshua 1:9 – “Be strong and courageous. Do not be afraid; do not be discouraged.”
- **Question:** Where do you need courage and strength from God today?
- **Prayer:** Ask God to fill you with strength and courage.

Day 28

- **Verse:** Psalm 18:2 – “The Lord is my rock, my fortress, and my deliverer.”
- **Question:** How has God been your rock and fortress in times of need?
- **Prayer:** Thank God for being a steady and secure refuge.

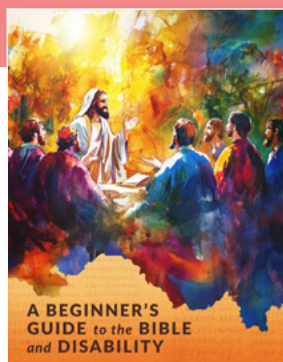
Day 29

- **Verse:** 2 Corinthians 4:16 – “Though outwardly we are wasting away, yet inwardly we are being renewed.”
- **Question:** How does God renew you inwardly?
- **Prayer:** Pray for renewal and inner strength.

We pray for your continued strength through God and a deeper understanding of His endless love. We pray for comfort through difficult times as you trust in Him as your savior and protector.

Day 30

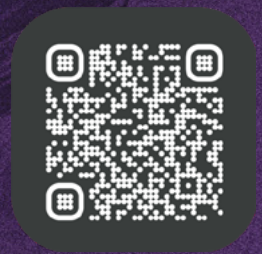
- **Verse:** Revelation 21:4 – “He will wipe every tear from their eyes.”
- **Question:** How does God’s promise of a future without pain or sorrow encourage you?
- **Prayer:** Thank God for the hope of eternal life without pain and suffering.



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



DISABILITY
MINISTRY