

30-DAY

Reading Plan Highlighting Disability in the Bible

OPTION A



30-DAY BIBLE READING PLAN

This plan highlights what the Bible says about disability and God's compassion for those who experience disability. Each day includes a short passage from the Old or New Testament, a brief description to offer context, a discussion question, and a prayer prompt.

May the Holy Spirit open your heart and mind to the wonderful love of God as you grow in understanding what the Bible says about disability and God's compassion for who experience it. May the Holy Spirit guide you into understanding your role in being a change agent for the Kingdom and specifically for those affected by disability.



Week 1: God's Care and Compassion

Day 1

Exodus 4:10-12: Moses' hesitancy due to a speech impediment and God's reassurance.

- Moses spoke to the Lord. He said, "Lord, I've never been a good speaker. And I haven't gotten any better since you spoke to me. I don't speak very well at all." The Lord said to him, "Who makes human beings able to talk? Who makes them unable to hear or speak? Who makes them able to see? Who makes them blind? It is I, the Lord. Now go. I will help you speak. I will teach you what to say." (*Exodus 4:10-12*)
- **Discussion:** How does God's response to Moses' insecurity about his speech remind us of His view of our weaknesses?
- **Prayer:** "Lord, help me to trust that You can use me, despite my weaknesses. Give me courage to serve with confidence in Your power."

DISABILITY HIGHLIGHTS

Day 2

Leviticus 19:14: Commands against mistreating those who are deaf or blind.

- “Do not ask for bad things to happen to deaf people. Do not put anything in front of blind people that will make them trip. Instead, have respect for me. I am the Lord your God.” (*Leviticus 19:14*)
- **Discussion:** Why do you think God cares so deeply about how we treat those with disabilities?
- **Prayer:** “God, open my heart to treat all people with dignity and respect. Help me to show kindness to those society may overlook.”

Day 3

Deuteronomy 27:18: God curses those who lead the blind astray.

- “May anyone who leads blind people down the wrong road be under the Lord’s curse.” Then all the people will say, “Amen!” (*Deuteronomy 27:18*)
- **Discussion:** Why does God issue such a strong warning against misleading the vulnerable?
- **Prayer:** “Lord, help me to be honest and kind, especially with those who depend on others. May I never take advantage of someone’s limitations.”

Day 4

Psalms 34:18: God’s closeness to the brokenhearted.

- The Lord is close to those whose hearts have been broken. He saves those whose spirits have been crushed. (*Psalms 34:18*)
- **Discussion:** How does knowing that God is close to the brokenhearted bring you comfort?
- **Prayer:** “God, thank You for drawing near to me in my pain. Help me to feel Your presence, especially when I’m hurting.”



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Day 5

Psalm 139:13-16: God's intimate creation of each person, including those with disabilities.

- You created the deepest parts of my being. You put me together inside my mother's body. How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well. None of my bones was hidden from you when you made me inside my mother's body. That place was as dark as the deepest parts of the earth. When you were putting me together there, your eyes saw my body even before it was formed. You planned how many days I would live. You wrote down the number of them in your book before I had lived through even one of them. (*Psalm 139:13-16*)
- **Discussion:** How does this passage shape the way we view ourselves and others, including those with disabilities?
- **Prayer:** "Creator God, remind me that I am fearfully and wonderfully made. Help me see Your handiwork in every person."

Day 6

Isaiah 35:5-6: A prophecy of restoration where the blind see and the lame walk.

- Then the eyes of those who are blind will be opened. The ears of those who can't hear will be unplugged. Those who can't walk will leap like a deer. And those who can't speak will shout for joy. Water will pour out in dry places. Streams will flow in the desert. (*Isaiah 35:5-6*)
- **Discussion:** What does this vision of restoration tell us about God's ultimate plan for those with disabilities?
- **Prayer:** "Lord, thank You for Your promise of restoration. Help me hold on to the hope of wholeness that You offer."

Day 7

Isaiah 42:16: God guiding those who are "blind" along unfamiliar paths.

- Israel is blind. So I will lead them along paths they had not known before. I will guide them on roads they are not familiar with. I will turn the darkness into light as they travel. I will make the rough places smooth. Those are the things I will do. I will not desert my people. (*Isaiah 42:16*)
- **Discussion:** How does this image of God guiding the "blind" encourage you when facing uncertain times?
- **Prayer:** "God, guide me on paths I cannot see. Help me trust Your direction, even when I feel lost or afraid."

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Week 2: Inclusion and Value in the Kingdom of God

Day 8

Jeremiah 1:4-9: God's purpose for Jeremiah despite his youth and perceived inadequacy.

- A message from the Lord came to me. The Lord said, "Before I formed you in your mother's body I chose you. Before you were born I set you apart to serve me. I appointed you to be a prophet to the nations." "You are my Lord and King," I said. "I don't know how to speak. I'm too young." But the Lord said to me, "Do not say, 'I'm too young.' You must go to everyone I send you to. You must say everything I command you to say. ⁹Do not be afraid of the people I send you to. I am with you. I will save you," announces the Lord. Then the Lord reached out his hand. He touched my mouth and spoke to me. He said, "I have put my words in your mouth. (*Jeremiah 1:4-9*)
- **Discussion:** How does God's assurance to Jeremiah encourage you in your own feelings of inadequacy?
- **Prayer:** "Lord, give me confidence to follow Your calling, knowing that You can work through my limitations."



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Day 9

Micah 6:8: Emphasis on mercy and justice, reflecting God's heart for the vulnerable.

- The Lord has shown you what is good. He has told you what he requires of you. You must act with justice. You must love to show mercy. And you must be humble as you live in the sight of your God. (*Micah 6:8*)
- **Discussion:** How can we act justly and love mercy toward people with disabilities?
- **Prayer:** "God, help me to love mercy and act justly, especially toward those who are often marginalized."

Day 10

Zechariah 8:4-5: God's vision of a community with all ages and abilities.

- He continued, "Once again old men and women will sit in the streets of Jerusalem. All of them will be using canes because they are old. The city streets will be filled with boys and girls. They will be playing there." (*Zechariah 8:4-5*)
- **Discussion:** What does this picture of community teach us about valuing people of all ages and abilities?
- **Prayer:** "Lord, let my community be a place where everyone feels safe, valued, and included."

Day 11

Matthew 4:23-24: Jesus healing various illnesses and disabilities.

- Jesus went all over Galilee. There he taught in the synagogues. He preached the good news of God's kingdom. He healed every illness and sickness the people had. News about him spread all over Syria. People brought to him all who were ill with different kinds of sicknesses. Some were suffering great pain. Others were controlled by demons. Some were shaking wildly. Others couldn't move at all. And Jesus healed all of them. (*Matthew 4:23-24*)
- **Discussion:** How do Jesus' healings reflect His heart for the disabled and marginalized?
- **Prayer:** "Jesus, help me to reflect Your compassion by reaching out to those who are often overlooked."

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Day 12

Matthew 11:2-6: Jesus describes his ministry to John's disciples, emphasizing healing and inclusion.

- John the Baptist was in prison. When he heard about the actions of the Messiah, he sent his disciples to him. They asked Jesus, "Are you the one who is supposed to come? Or should we look for someone else?" Jesus replied, "Go back to John. Report to him what you hear and see. Blind people receive sight. Disabled people walk. Those who have skin diseases are made 'clean.' Deaf people hear. Those who are dead are raised to life. And the good news is preached to those who are poor. Blessed is anyone who does not give up their faith because of me." (*Matthew 11:2-6*)
- **Discussion:** What message is Jesus sending by highlighting His ministry to the disabled and poor?
- **Prayer:** "Lord, remind me that Your Kingdom is open to all. Help me to embody this inclusiveness in my life."



Day 13

Matthew 18:2-6: Jesus welcomes children, including those who might be seen as "least."

- Jesus called a little child over to him. He had the child stand among them. Jesus said, "What I'm about to tell you is true. You need to change and become like little children. If you don't, you will never enter the kingdom of heaven. Anyone who takes the humble position of this child is the most important in the kingdom of heaven. Anyone who welcomes a little child like this one in my name welcomes me. "What if someone causes one of these little ones who believe in me to sin? If they do, it would be better for them to have a large millstone (*Matthew 18:2-6*)
- **Discussion:** Why is it important to welcome and value children and others who may be seen as 'least'?
- **Prayer:** "Jesus, give me a heart that values every person, especially those who may be disregarded by society."

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Day 14

Luke 14:12-14: Jesus instructs to invite the poor, crippled, lame, and blind.

• Then Jesus spoke to his host. “Suppose you give a lunch or a dinner,” he said. “Do not invite your friends, your brothers or sisters, or your relatives, or your rich neighbors. If you do, they may invite you to eat with them. So you will be paid back. But when you give a banquet, invite those who are poor. Also invite those who can’t see or walk. Then you will be blessed. Your guests can’t pay you back. But you will be paid back when those who are right with God rise from the dead.” (Luke 14:12-14)

- **Discussion:** What can we learn from Jesus’ instruction to include those who cannot repay us?
- **Prayer:** “God, teach me to give generously and invite others in, expecting nothing in return.”

Week 3: Stories of Healing and Transformation

Day 15

Mark 2:1-12: Jesus heals the paralyzed man, highlighting faith and forgiveness.

• A few days later, Jesus entered Capernaum again. The people heard that he had come home. So many people gathered that there was no room left. There was not even room outside the door. And Jesus preached the word to them. Four of those who came were carrying a man who could not walk. But they could not get him close to Jesus because of the crowd. So they made a hole by digging through the roof above Jesus. Then they lowered the man through it on a mat. Jesus saw their faith. So he said to the man, “Son, your sins are forgiven.” Some teachers of the law were sitting there. They were thinking, “Why is this fellow talking like that? He’s saying a very evil thing! Only God can forgive sins!” Right away Jesus knew what they were thinking. So he said to them, “Why are you thinking these things? Is it easier to say to this man, ‘Your sins are forgiven’? Or to say, ‘Get up, take your mat and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins.” So Jesus spoke to the man who could not walk. “I tell you,” he said, “get up. Take your mat and go home.” The man got up and took his mat. Then he walked away while everyone watched. All the people were amazed. They praised God and said, “We have never seen anything like this!” (Mark 2:1-12)

- **Discussion:** How does this story show us the importance of both faith and community in healing?
- **Prayer:** “Lord, give me faith like these friends, and help me to support others in their journey toward healing.”

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Day 16

Mark 7:31-37: Jesus heals a man who is deaf and mute.

- Then Jesus left the area of Tyre and went through Sidon. He went down to the Sea of Galilee and into the area known as the Ten Cities. There some people brought a man to Jesus. The man was deaf and could hardly speak. They begged Jesus to place his hand on the man. Jesus took the man to one side, away from the crowd. He put his fingers into the man's ears. Then he spit and touched the man's tongue. Jesus looked up to heaven. With a deep sigh, he said to the man, "Ephphatha!" That means "Be opened!" The man's ears were opened. His tongue was freed up, and he began to speak clearly. Jesus ordered the people not to tell anyone. But the more he did so, the more they kept talking about it. People were really amazed. "He has done everything well," they said. "He even makes deaf people able to hear. And he makes those who can't speak able to talk." (Mark 7:31-37)
- **Discussion:** How does Jesus' compassion for the deaf and mute man encourage you?
- **Prayer:** "Jesus, thank You for caring deeply about each person's needs. Help me to show the same compassion."

Day 17

John 5:1-9: Jesus heals a disabled man by the pool of Bethesda.

- Some time later, Jesus went up to Jerusalem for one of the Jewish feasts. In Jerusalem near the Sheep Gate is a pool. In the Aramaic language it is called Bethesda. It is surrounded by five rows of columns with a roof over them. Here a great number of disabled people used to lie down. Among them were those who were blind, those who could not walk, and those who could hardly move.
⁵One person was there who had not been able to walk for 38 years. Jesus saw him lying there. He knew that the man had been in that condition for a long time. So he asked him, "Do you want to get well?" "Sir," the disabled man replied, "I have no one to help me into the pool when an angel stirs up the water. I try to get in, but someone else always goes down ahead of me." Then Jesus said to him, "Get up! Pick up your mat and walk." The man was healed right away. He picked up his mat and walked. This happened on a Sabbath day. (John 5:1-9)
- **Discussion:** Why do you think Jesus asked the man if he wanted to be healed?
- **Prayer:** "Lord, show me areas of my life where I need healing, and give me the courage to say 'yes' to Your help."

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Day 18

John 9:1-7: Jesus heals a man born blind and teaches on purpose in suffering.

- As Jesus went along, he saw a man who was blind. He had been blind since he was born. Jesus' disciples asked him, "Rabbi, who sinned? Was this man born blind because he sinned? Or did his parents sin?" "It isn't because this man sinned," said Jesus. "It isn't because his parents sinned. He was born blind so that God's power could be shown by what's going to happen. While it is still day, we must do the works of the one who sent me. Night is coming. Then no one can work. While I am in the world, I am the light of the world." After he said this, he spit on the ground. He made some mud with the spit. Then he put the mud on the man's eyes. "Go," he told him. "Wash in the Pool of Siloam." Siloam means Sent. So the man went and washed. And he came home able to see. (John 9:1-7)
- **Discussion:** How does this story reshape our understanding of suffering and purpose?
- **Prayer:** "God, help me trust that You can bring good out of my suffering and use it for Your glory."

Day 19

Acts 3:1-10: Peter and John heal a lame man at the temple gate.

- One day Peter and John were going up to the temple. It was three o'clock in the afternoon. It was the time for prayer. A man unable to walk was being carried to the temple gate called Beautiful. He had been that way since he was born. Every day someone put him near the gate. There he would beg from people going into the temple courtyards. He saw that Peter and John were about to enter. So he asked them for money. Peter looked straight at him, and so did John. Then Peter said, "Look at us!" So the man watched them closely. He expected to get something from them. Peter said, "I don't have any silver or gold. But I'll give you what I do have. In the name of Jesus Christ of Nazareth, get up and walk." Then Peter took him by the right hand and helped him up. At once the man's feet and ankles became strong. He jumped to his feet and began to walk. He went with Peter and John into the temple courtyards. He walked and jumped and praised God. All the people saw him walking and praising God. They recognized him as the same man who used to sit and beg at the temple gate called Beautiful. They were filled with wonder. They were amazed at what had happened to him. (Acts 3:1-10)
- **Discussion:** How can we, like Peter and John, offer what we have to those in need?
- **Prayer:** "Lord, use me to bring healing and hope to others. Let me see opportunities to give what I have."

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Day 20

Acts 9:32-35: Peter heals a paralyzed man, Aeneas.

- Peter traveled around the country. He went to visit the Lord's people who lived in Lydda. There he found a disabled man named Aeneas. For eight years the man had spent most of his time in bed. "Aeneas," Peter said to him, "Jesus Christ heals you. Get up! Roll up your mat!" So Aeneas got up right away. Everyone who lived in Lydda and Sharon saw him. They turned to the Lord. (Acts 9:32-35)
- **Discussion:** How does this healing remind you of God's power to transform lives?
- **Prayer:** "God, thank You for Your transforming power. Help me to trust You for miracles in my life and in others' lives."

Day 21

Acts 14:8-10: Paul heals a man who has been lame from birth.

- In Lystra there sat a man who couldn't walk. He hadn't been able to use his feet since the day he was born. He listened as Paul spoke. Paul looked right at him. He saw that the man had faith to be healed. So he called out, "Stand up on your feet!" Then the man jumped up and began to walk. (Acts 14:8-10)
- **Discussion:** What does this story teach us about faith and healing?
- **Prayer:** "Lord, increase my faith to believe in Your power to heal. Help me to respond to Your call with boldness."

Week 4: Disability, Weakness, and God's Strength

Day 22

Romans 8:26-27: The Spirit helps us in our weaknesses.

- In the same way, the Holy Spirit helps us when we are weak. We don't know what we should pray for. But the Spirit himself prays for us. He prays through groans too deep for words. God, who looks into our hearts, knows the mind of the Spirit. And the Spirit prays for God's people just as God wants him to pray. (Romans 8:26-27)
- **Discussion:** How does the Spirit's help in our weakness comfort you?
- **Prayer:** "Holy Spirit, thank You for interceding for me. Strengthen me in my areas of vulnerability."

30-DAY BIBLE READING PLAN

Day 23

1 Corinthians 1:26-29: God chooses the “weak” to shame the strong.

- Brothers and sisters, think of what you were when God chose you. Not many of you were considered wise by human standards. Not many of you were powerful. Not many of you belonged to important families. But God chose the foolish things of the world to shame the wise. God chose the weak things of the world to shame the strong. God chose the things of this world that are common and looked down on. God chose things considered unimportant to do away with things considered important. So no one can boast to God. (1 Corinthians 1:26-29)
- **Discussion:** How does God’s choice of the “weak” challenge society’s view of strength?
- **Prayer:** “God, help me to see value in weakness. Remind me that You choose what the world may overlook.”

Day 24

1 Corinthians 12:21-26: The Body of Christ includes and honors all parts, especially weaker ones.

- The eye can’t say to the hand, “I don’t need you!” The head can’t say to the feet, “I don’t need you!” In fact, it is just the opposite. The parts of the body that seem to be weaker are the ones we can’t do without. The parts that we think are less important we treat with special honor. The private parts aren’t shown. But they are treated with special care. The parts that can be shown don’t need special care. But God has put together all the parts of the body. And he has given more honor to the parts that didn’t have any. In that way, the parts of the body will not take sides. All of them will take care of one another. If one part suffers, every part suffers with it. If one part is honored, every part shares in its joy. (1 Corinthians 12:21-26)
- **Discussion:** How can we honor those in the Body of Christ who may feel less visible?
- **Prayer:** “Lord, teach me to honor and value each person in Your Body, especially those who feel unseen.”



DISABILITY HIGHLIGHTS

Day 25

2 Corinthians 4:7-10: God's power shines through our weakness.

- Treasure is kept in clay jars. In the same way, we have the treasure of the good news in these earthly bodies of ours. That shows that the mighty power of the good news comes from God. It doesn't come from us. We are pushed hard from all sides. But we are not beaten down. We are bewildered. But that doesn't make us lose hope. Others make us suffer. But God does not desert us. We are knocked down. But we are not knocked out. We always carry around the death of Jesus in our bodies. In that way, the life of Jesus can be shown in our bodies. (2 Corinthians 4:7-10)
- **Discussion:** How does knowing God's power is shown through our weakness impact you?
- **Prayer:** "God, use my weaknesses to display Your strength. Let Your power shine through my life."

Day 26

2 Corinthians 12:7-10: Paul's "thorn in the flesh" and God's grace in weakness.

- God has shown me amazing and wonderful things. People should not think more of me because of it. So I wouldn't become proud of myself, I was given a problem. This problem caused pain in my body. It is a messenger from Satan to make me suffer. Three times I begged the Lord to take it away from me. But he said to me, "My grace is all you need. My power is strongest when you are weak." So I am very happy to brag about how weak I am. Then Christ's power can rest on me. Because of how I suffered for Christ, I'm glad that I am weak. I am glad in hard times. I am glad when people say mean things about me. I am glad when things are difficult. And I am glad when people make me suffer. When I am weak, I am strong. (2 Corinthians 12:7-10)
- **Discussion:** How does Paul's acceptance of his "thorn" speak to you?
- **Prayer:** "Lord, help me to accept my limitations, knowing that Your grace is enough."

Day 27

Galatians 6:2: Bear one another's burdens, emphasizing community support.

- Carry one another's heavy loads. If you do, you will fulfill the law of Christ. (Galatians 6:2)
- **Discussion:** How can we better bear one another's burdens in our communities?
- **Prayer:** "God, help me to support others in their struggles and to allow others to support me."

30-DAY BIBLE READING PLAN

Day 28

James 2:1-4: Warning against favoritism, calling for equal treatment of all.

- My brothers and sisters, you are believers in our glorious Lord Jesus Christ. So treat everyone the same. Suppose a man comes into your meeting wearing a gold ring and fine clothes. And suppose a poor man in dirty old clothes also comes in. Would you show special attention to the man wearing fine clothes? Would you say, “Here’s a good seat for you”? Would you say to the poor man, “You stand there”? Or “Sit on the floor by my feet”? If you would, aren’t you treating some people better than others? Aren’t you like judges who have evil thoughts? (*James 2:1-4*)
- **Discussion:** How does this passage challenge us to treat everyone equally?
- **Prayer:** “Jesus, free me from favoritism. Help me to treat all people with equal love and respect.”

Week 5: Hope and Restoration

Day 29

James 5:14-16: Praying for the sick and the power of community care.

- Is anyone among you sick? Then that person should send for the elders of the church to pray over them. They should ask the elders to anoint them with olive oil in the name of the Lord. The prayer offered by those who have faith will make the sick person well. The Lord will heal them. If they have sinned, they will be forgiven. So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it. (*James 5:14-16*)
- **Discussion:** How does praying for the sick show our commitment to community care?
- **Prayer:** “Lord, help me to pray with faith for those who are sick, and to be a source of encouragement for them.”

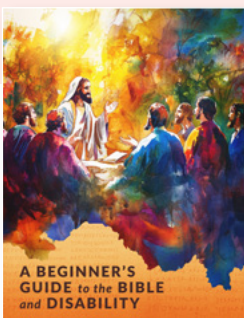
DISABILITY HIGHLIGHTS

Day 30

Revelation 21:3-4: God's promise to wipe away every tear and heal all pain in the new creation.

- I heard a loud voice from the throne. It said, "Look! God now makes his home with the people. He will live with them. They will be his people. And God himself will be with them and be their God. 'He will wipe away every tear from their eyes. There will be no more death.' (*Isaiah 25:8*) And there will be no more sadness. There will be no more crying or pain. Things are no longer the way they used to be." (*Revelation 21:3-4*)
- **Discussion:** How does the promise of no more pain inspire you in times of difficulty?
- **Prayer:** "God, thank You for the promise of a new creation. Give me hope as I look forward to a day without pain."

We pray the Holy Spirit will open your heart and mind to the wonderful love of God as you grow in understanding what the Bible says about disability and God's compassion for who experience it. We also pray for your strength, resolve, compassion, patience, and trust in God as you work to reach your disability community for Christ.



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.



DISABILITY
MINISTRY