

# Daily Practices

For 1/28 - 1/29 (To find 1/25 - 1/27, see  
devotional from the Daniel Fast).

## THURSDAY AFTER DANIEL FAST // DAILY PRACTICES

**PRAYER:** Lord Jesus, as I look at my day, I know that you are the only thing that will ultimately fulfill the longings of my heart. May I slow down enough in this moment to be fully present to myself and to you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Psalm 77:1-9

- 1 I cry aloud to God, aloud to God, and he will hear me.
- 2 In the day of my trouble I seek the Lord;  
in the night my hand is stretched out without wearying;  
my soul refuses to be comforted.
- 3 When I remember God, I moan; when I meditate, my spirit faints. *Selah*
- 4 You hold my eyelids open; I am so troubled that I cannot speak.
- 5 I consider the days of old, the years long ago.
- 6 I said, "Let me remember my song in the night; let me meditate in my heart."  
Then my spirit made a diligent search:
- 7 "Will the Lord spurn forever, and never again be favorable?
- 8 Has his steadfast love forever ceased? Are his promises at an end for all time?
- 9 Has God forgotten to be gracious? Has he in anger shut up his compassion?" *Selah*

**DEVOTIONAL:** Trying to move out of your pain too quickly actively pushes God away from the deepest parts of you. We think that we have to be theologically correct in our prayers, but what happens is that we end up becoming emotionally disconnected from God. God already knows our hearts anyway, so we need to let out everything that is inside of us. Asaph says some really difficult things in this prayer. His example should allow us to see that prayer is a time to be honest, not to be good.

**RESPONSE:** Take two minutes to respond to the scripture, devotional, or the Holy Spirit's prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.

**PRAYER:** I love you, Lord; you are my strength, my rock, my fortress, and my savior. In you, O Lord, do I find protection. You are my shield, the power that saves me, and my place of safety. In you, do I rest. (Adapted from Psalm 18:1-2)

## FRIDAY AFTER DANIEL FAST // DAILY PRACTICES

**PRAYER:** Lord Jesus, as I look at my day, I know that you are the only thing that will ultimately fulfill the longings of my heart. May I slow down enough in this moment to be fully present to myself and to you.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

**SCRIPTURE:** Psalm 77:10-20

- 10 Then I said, "I will appeal to this, to the years of the right hand of the Most High."  
11 I will remember the deeds of the Lord; yes, I will remember your wonders of old.  
12 I will ponder all your work, and meditate on your mighty deeds.  
13 Your way, O God, is holy. What god is great like our God?  
14 You are the God who works wonders;  
    you have made known your might among the peoples.  
15 You with your arm redeemed your people, the children of Jacob and Joseph. *Selah*  
16 When the waters saw you, O God, when the waters saw you, they were afraid;  
    indeed, the deep trembled.  
17 The clouds poured out water; the skies gave forth thunder;  
    your arrows flashed on every side.  
18 The crash of your thunder was in the whirlwind; your lightnings lighted up the world;  
    the earth trembled and shook.  
19 Your way was through the sea, your path through the great waters;  
    yet your footprints were unseen.  
20 You led your people like a flock by the hand of Moses and Aaron.

**DEVOTIONAL:** Asaph does nothing else other than to meditate on God. When we meditate on the goodness and faithfulness of God, we just may start believing that God is good and faithful. When you open your honest self to God, he will meet you. It may not look like what you expect, but God is always with you.

**RESPONSE:** Take two minutes to respond to the scripture, devotional, or the Holy Spirit's prompting. Respond by writing in a journal, by meditating on a specific thought, or by talking with God.

**SILENCE:** Set a timer for two minutes. Sit in silence and bring your attention to what God is speaking to you.

**PRAYER:** I love you, Lord; you are my strength, my rock, my fortress, and my savior. In you, O Lord, do I find protection. You are my shield, the power that saves me, and my place of safety. In you, do I rest. (Adapted from Psalm 18:1-2)