

**DAILY  
PRACTICES**

## DAY 1 // 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 36:7-9

<sup>7</sup>How precious is your steadfast love, O God!

The children of mankind take refuge in the shadow of your wings.

<sup>8</sup>They feast on the abundance of your house,

and you give them drink from the river of your delights.

<sup>9</sup>For with you is the fountain of life;

in your light do we see light.

**DEVOTIONAL:** We will never fully comprehend the depth of God's love for us. However, according to David, you can count on his love meeting you wherever you are. On one hand, his love is precious. It is like a prized possession that you cherish. But on the other hand, his love for us is strong like an impenetrable refuge that surrounds us and never lets us go. And the best part? His love is always available. We don't have to wait. We can turn to him and he will satisfy the hunger and thirst in your heart. Only in Jesus can we experience the fullness of life when we slow down enough to recognize how secure we are when we are loved by Jesus.

**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)

## DAY 2 // 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.

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**SCRIPTURE:** LUKE 6:46–49

<sup>46</sup> “Why do you call me ‘Lord, Lord,’ and not do what I tell you? <sup>47</sup> Everyone who comes to me and hears my words and does them, I will show you what he is like: <sup>48</sup> he is like a man building a house, who dug deep and laid the foundation on the rock. And when a flood arose, the stream broke against that house and could not shake it, because it had been well built. <sup>49</sup> But the one who hears and does not do them is like a man who built a house on the ground without a foundation. When the stream broke against it, immediately it fell, and the ruin of that house was great.”

**DEVOTIONAL:** Having a solid foundation is necessary for any structure to strongly withstand the storms of life. The same is true for humanity. We need a solid foundation on which to build our lives. The problem is that we usually turn to things that aren't strong enough to withstand the storms that come our way. There is only one thing that is strong enough; and that thing is Jesus. Jobs will come and go. Money will fail. People will hurt you. Your health is not guaranteed. Nothing is solid enough for you to build your life upon. Only Jesus will be enough for you.

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## DAY 3 // 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.

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**SCRIPTURE:** Isaiah 41:17-20

- 17 When the poor and needy seek water,  
and there is none,  
and their tongue is parched with thirst,  
I the Lord will answer them;  
I the God of Israel will not forsake them.
- 18 I will open rivers on the bare heights,  
and fountains in the midst of the valleys.  
I will make the wilderness a pool of water,  
and the dry land springs of water.
- 19 I will put in the wilderness the cedar,  
the acacia, the myrtle, and the olive.  
I will set in the desert the cypress,  
the plane and the pine together,
- 20 that they may see and know,  
may consider and understand together,  
that the hand of the Lord has done this,  
the Holy One of Israel has created it.

**DEVOTIONAL:** God doesn't turn his back on the poor or the marginalized. He is faithfully present for all who turn to him. Turning toward Jesus requires our hearts to see how we are poor and marginalized. When we do, God promises to faithfully accept us.

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**SCRIPTURE:** Lamentations 3:24-26

24 “The Lord is my portion,” says my soul,  
“therefore I will hope in him.”

25 The Lord is good to those who wait for him,  
to the soul who seeks him.

26 It is good that one should wait quietly  
for the salvation of the Lord.

**DEVOTIONAL:** The act of waiting is becoming one of the greatest counter-cultural acts of being a disciple of Jesus. Culture has disciplined us to believe that we shouldn't wait for anything. We don't have to wait for food if we don't want to wait. We don't have to wait for the next episode of our streaming TV show. Packages are delivered to our doorstep within hours. We can virtually find instant gratification in any situation. But despite receiving so much instant gratification, our souls feel both depleted and dry. We feel exhausted and unfulfilled. Why? In moving so quickly from one micro gratification to another, we actually are only distracting ourselves from the ultimate longing that we have for God. In order to feel deep rest in the love of God, we have to slow down and wait for him to show up. We have to be still and let God move. Being still means that we need to get rid of the distractions that numb our hearts and turn our eyes and attention toward him and him alone.

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## DAY 5 // DAILY PRACTICES

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**SCRIPTURE:** 1 Peter 2:1-3

1 So put away all malice and all deceit and hypocrisy and envy and all slander. 2 Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— 3 if indeed you have tasted that the Lord is good.

**DEVOTIONAL:** God could have created a way to sustain and nourish humanity that was transactional. But he didn't. He created food, and he created our bodies to enjoy the experience of eating. There are endless flavor combinations. We can taste and savor the life going into our bodies. Peter, who was one of Jesus' closest followers, compares experiencing God to food. He tells us that we can taste that the Lord is good. But instead, we often settle for learning about God rather than experiencing him. Take this word from the apostle Peter and remember today that we can savor the goodness of God while being nourished and sustained by him. Slow down enough to taste your food. Slow down enough to taste the goodness of God.

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