

# Daily Practices

Week of 4/26/21 - 4/30/21

## DAY 1 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I become more aware of your Spirit's presence with me right now. Please open my heart to receive from 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:** Romans 7:5-8

**5** For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. **6** But now we are released from the law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code. **7** What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, "You shall not covet." **8** But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness.

**DEVOTIONAL:** If you have placed your faith in Jesus, then you are given a new way to live. The apostle Paul calls this way "the new way of the Spirit". We no longer have to live in the old way, which said that in order to live a life that was pleasing to God, people had to compare themselves to the Law of God. The Law acted like a mirror revealing sin in the life of God's people, and then they were left to conjure up strength to stop sinning. The good news is that by faith in Jesus, we are no longer left in this old way. The new way is to receive illumination of sin and strength from the Holy Spirit to live in the way of Jesus. But before we talk about life in the Spirit, we have to recognize that the old ways don't just magically disappear from our habits. We constantly try to rely on our own strength to live better lives. We just keep trying harder. But the fruit of living like that is to feel defeated and condemned. The antidote isn't to keep trying harder, but to rest in Jesus and in his Spirit. Are you trying harder or are you resting in 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.

## DAY 2 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I become more aware of your Spirit's presence with me right now. Please open my heart to receive from 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:** Romans 8:1-8

**1** There is therefore now no condemnation for those who are in Christ Jesus. **2** For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. **3** For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, **4** in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. **5** For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. **6** For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. **7** For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. **8** Those who are in the flesh cannot please God.

**DEVOTIONAL:** As we saw yesterday, the fruit from a life that relies upon self is condemnation and defeat. This is why Paul very clearly states that there is "no condemnation for those who are in Christ Jesus." Most of us believe this. We know that it is true, yet we still condemn ourselves before God. Jesus took our condemnation and set us free. We no longer have to try harder and harder to please God. In fact, because of Jesus, God is so pleased with us that his Spirit resides within us now. We are indwelt by the Spirit and set free in order to live a life empowered by the Spirit of God himself. We have the ability to turn our eyes to God because he is strengthening us to do so. So we are left with a question: will we turn our attention to ourselves or will we turn our attention to the God that lives within us?

**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.

## DAY 3 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I become more aware of your Spirit's presence with me right now. Please open my heart to receive from 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:** Romans 8:9-11

**9** You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. **10** But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. **11** If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

**DEVOTIONAL:** Jesus took our sin to the grave. He died with our sin placed upon him; meaning, he took the punishment that we deserved. But Jesus didn't stay dead. He rose to new life. How did he do that? Actually, he didn't. The Holy Spirit raised Jesus from the dead. And the most astonishing thing is that the Holy Spirit now resides in each person who believes. That power that raised Jesus from the dead also lives within you and is giving life to you. Stop and think about that for a moment. The Holy Spirit wants to breathe life into you. Take a moment to become more aware of the Spirit's presence in you. In fact, stop and take a deep breath, imagining the Spirit breathing life and peace into your soul.

**RESPONSE:** Take a few 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.

## DAY 4 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I become more aware of your Spirit's presence with me right now. Please open my heart to receive from 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:** Galatians 5:18-21

**16** But I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. **18** But if you are led by the Spirit, you are not under the law. **19** Now the works of the flesh are evident: sexual immorality, impurity, sensuality, **20** idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, **21** envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

**DEVOTIONAL:** Even though we have been set free from the law of sin, we still have a propensity to turn to sin. Paul says that this is “walking by the flesh.” We can either walk by the Spirit or walk by the flesh. But how do we know which one we are choosing? How can we tell if we are walking by the flesh? Paul lists some character traits that are consistent with doing so. Once again, here's what he says: “Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.” When you partake in any of these works, how does it make you feel? Chances are, you don't feel like you are filled with life and peace because the works of the flesh just lead to pain. They lead to pain because they are contrary to life in the Spirit, and life in the Spirit is the kind of life that God designed for us to live. It is the type of life that God describes as flourishing.

**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.

## DAY 5 // DAILY PRACTICES

**PRAYER:** Lord Jesus, please help me to slow down enough in this moment to be fully present to myself and to you. May I become more aware of your Spirit's presence with me right now. Please open my heart to receive from 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:** Galatians 5:22-26

**22** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, self-control; against such things there is no law. **24** And those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** If we live by the Spirit, let us also keep in step with the Spirit. **26** Let us not become conceited, provoking one another, envying one another.

**DEVOTIONAL:** The fruit of the Spirit is the type of life that God designed for us. It is the type of life that leads to most fullness. It may not lead to the most success. It may not lead to more prosperity, but it does lead us to a life that is *present* to the God for whom our souls are longing. Too often, we live our lives only present to the culture's definition of fruit—or success. We chase after things that we think will fill the longing of our souls, but the satisfaction doesn't last long. That's why we keep trying. But rather than slowing down and allowing God to transform us from the inside out, we keep trying to change our outward circumstances hoping that it will lead to life. The life God wants for you is an internal life that is transformed by his Spirit. He wants a life for you that is walking at the pace set by the Spirit of God. How are you turning your attention to the presence of the Spirit of God today?

**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.