

# Daily Practices

Week of 10/18/21 - 10/22/21

## 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. Please open my heart to receive what you want me to hear; and please empower me by your Spirit to live the way that you are asking me to live.

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

**SCRIPTURE:** Proverbs 17:3-5

**3** The crucible is for silver, and the furnace is for gold, and the Lord tests hearts. **4** An evildoer listens to wicked lips, and a liar gives ear to a mischievous tongue. **5** Whoever mocks the poor insults his Maker; he who is glad at calamity will not go unpunished.

**DEVOTIONAL:** Fine metals are heated to extraordinary high temperatures in order to purify those metals from impurities. When the impurities rise to the surface, they can be extracted, leaving a more pure metal. Solomon says that God does something similar with our hearts. He allows us to experience high heat—or pressure—in order to bring impurities to the surface where he can strain them from us. Obviously, this isn't a pleasant feeling, because the heat hurts, and no one wants to experience pain. However, God promises that he will be with us through the whole thing. In fact, we can trust that he will be with us because he proved to us, through Jesus, that he is willing to go through anything for our own good. In verse 5, Solomon says that anyone who is glad to see the calamity of others will not go unpunished. Jesus was willing to go as far as to take the punishment that we deserved. That's how we can trust that he will be with us when we find ourselves in the furnace of purification. God is both with you and he wants to strain the impurity out of you in order to reveal the beauty that is created in you as his child.

**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. Please open my heart to receive what you want me to hear; and please empower me by your Spirit to live the way that you are asking me to live.

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

**SCRIPTURE:** Proverbs 18:1-5

**1**Whoever isolates himself seeks his own desire; he breaks out against all sound judgment. **2**A fool takes no pleasure in understanding, but only in expressing his opinion. **3**When wickedness comes, contempt comes also, and with dishonor comes disgrace. **4**The words of a man's mouth are deep waters; the fountain of wisdom is a bubbling brook. **5**It is not good to be partial to the wicked or to deprive the righteous of justice.

**DEVOTIONAL:** We were created to be in relationship with others. Before the fall, in a perfect creation where everything was described as “good,” God said that it was “not good” that man was alone. Solomon picks up this motif and compares isolation to seeking one's own desires. There are many reasons why it is not good for people to be alone, but one of the reasons is because isolation runs away from the wisdom of community. Isolation breeds self-centeredness, and self-centeredness breeds injustice because we stop caring for the good of others. Solomon warns against all of this. We were created to be in community—a loving community—that seeks the good of one another. How are you engaging with, and seeking the good for, others around 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.

## 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. Please open my heart to receive what you want me to hear; and please empower me by your Spirit to live the way that you are asking me to live.

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

**SCRIPTURE:** Proverbs 19:20-23

**20** Listen to advice and accept instruction, that you may gain wisdom in the future. **21** Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand. **22** What is desired in a man is steadfast love, and a poor man is better than a liar. **23** The fear of the Lord leads to life, and whoever has it rests satisfied; he will not be visited by harm.

**DEVOTIONAL:** We can make all the plans in the world, but unless we allow God to lead us into said plans, then we aren't acting in wisdom. God holds all things in his hands. How arrogant is it when we plan out our life instead of allowing him to lead us? But we don't submit our ways to God's ways because we don't like to give up our perceived control. We think that our ideas would be the best option for us. We think that we will feel satisfied with our own ends. But Solomon counterintuitively says the opposite. When we submit ourselves to God and his ways, then we will find rest and satisfaction. Do you feel rested and satisfied? What if the reason you don't feel those things is because you are trying to control your own way? What if instead, you need to wait on the Lord and pursue his steadfast love? After all, Solomon said that steadfast love is desired over riches.

**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 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. Please open my heart to receive what you want me to hear; and please empower me by your Spirit to live the way that you are asking me to live.

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

**SCRIPTURE:** Proverbs 20:22-25

**22** Do not say, “I will repay evil”; wait for the Lord, and he will deliver you. **23** Unequal weights are an abomination to the Lord, and false scales are not good. **24** A man’s steps are from the Lord; how then can man understand his way? **25** It is a snare to say rashly, “It is holy,” and to reflect only after making vows.

**DEVOTIONAL:** Waiting on the Lord is one of the most difficult things to do. We often want to jump in and control our situation. Now there are times for us to act, but generally speaking, we act rashly before seeking the wisdom of God. Of course, Solomon’s example of attacking someone with evil, is obviously wrong, but even saying “yes” to good things may not be God’s desired plan for us. How often do you stop and seek God for your plans? When you look at all of the commitments that are on your plate right now, how many of those came from God’s plan for you? Take some time to sit and listen to God’s wisdom for your plans.

**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 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. Please open my heart to receive what you want me to hear; and please empower me by your Spirit to live the way that you are asking me to live.

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

**SCRIPTURE:** Proverbs 21:2-4

**2** Every way of a man is right in his own eyes, but the Lord weighs the heart. **3** To do righteousness and justice is more acceptable to the Lord than sacrifice. **4** Haughty eyes and a proud heart, the lamp of the wicked, are sin.

**DEVOTIONAL:** The eyes of the Lord are upon your heart. God deeply cares that your heart experiences his never-ending loyal love. From the heart of God, he pours into your heart. And from your heart, God wants you to act. If we act out of pride and arrogance, then our actions will lead toward evil. Even if the thing that we are doing is righteous, the pride in our heart taints it with sin. This is why God can say that doing righteousness and justice is more acceptable than sacrifice. Even though God commanded his people to offer sacrifices for sin, he would rather see his people living justly and rightly out of a heart of love and humility. God wants our hearts to pursue him more than our self-righteous actions. So where is your heart? Are you allowing yourself to rest in the ever-basking love of God? Or are you seeking to please God with your works? God is already pleased with you and he loves you. Rest in him, and then act from your rest in him.

**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.