

# Daily Practices

Week of 1/11/21 - 1/15/21

## DAY 1 // DAILY PRACTICES

**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)

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

**SCRIPTURE:** Deuteronomy 6:4-9

<sup>4</sup>“Hear, O Israel: The Lord our God, the Lord is one. <sup>5</sup>You shall love the Lord your God with all your heart and with all your soul and with all your might. <sup>6</sup>And these words that I command you today shall be on your heart. <sup>7</sup>You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup>You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup>You shall write them on the doorposts of your house and on your gates.”

**DEVOTIONAL:** The words of people have great impact on us—both positively and negatively. What people say to us and about us matters. How much more should the words of God be important to us? The very God of all creation speaks to us through His word. What He says to us and about us should be the most important words that we ever hear. But do we even take time listen to Him, let alone meditate on His words in all of life? God’s words should be a part of everyday life everyday. This week in our practices, we are going to encourage you to begin memorizing Scripture to meditate on.

**MEDITATION AND MEMORY RESPONSE:** Read over the first three verses of today’s passage multiple times in order to start committing it to memory by the end of the week.

Deuteronomy 6:4 “Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart.”

**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:** 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)

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

**SCRIPTURE:** Deuteronomy 6:1-3

<sup>1</sup>“Now this is the commandment—the statutes and the rules—that the Lord your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, <sup>2</sup>that you may fear the Lord your God, you and your son and your son’s son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. <sup>3</sup>Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey.”

**DEVOTIONAL:** God’s law is best for us. It reveals more of God to us and it shows us how to live. When we violate God’s law, we actually violate ourselves because we are violating the design that God has for us. But that means we have to know what God’s design is for us. We meditate on God’s word because it shows us what it means to be human. We constantly are being distracted with competing values, so we have to make time to meditate on the things of God. Even if it is for a few minutes, it is helpful to set aside time to take in some of the Word of God. When you do so, you may find that the word of God is breathing life into our souls.

**MEDITATION AND MEMORY RESPONSE:** Read over Deuteronomy 6:4-6 multiple times in order to commit it to memory. “Hear, O Israel: The Lord our God, the Lord is one. <sup>5</sup>You shall love the Lord your God with all your heart and with all your soul and with all your might. <sup>6</sup>And these words that I command you today shall be on your heart.”

If you have already committed that to memory, try memorizing Deuteronomy 6:3.

**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:** 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)

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

**SCRIPTURE:** James 2:8-10

<sup>8</sup>If you really fulfill the royal law according to the Scripture, “You shall love your neighbor as yourself,” you are doing well. <sup>9</sup>But if you show partiality, you are committing sin and are convicted by the law as transgressors. <sup>10</sup>For whoever keeps the whole law but fails in one point has become guilty of all of it. <sup>11</sup>For he who said, “Do not commit adultery,” also said, “Do not murder.” If you do not commit adultery but do murder, you have become a transgressor of the law. <sup>12</sup>So speak and so act as those who are to be judged under the law of liberty. <sup>13</sup>For judgment is without mercy to one who has shown no mercy. Mercy triumphs over judgment.

**DEVOTIONAL:** The Ten Commandments focus on our relationship with God and with each other. Jesus says that the whole Law is based on these two summary commandments: love God and love others. When we follow the commands of God, we are operating more fully in our created humanity. But James tells us that if we fail in one, then we are guilty of all. The reason we are guilty of all is because, when we turn to our sin, we actually are finding our identity in sin. If your identity is fully in God, then you won't have to lie, cheat, or steal. If your identity is in Christ, then you won't have to try to grasp for power. Our identities aren't safe in anything other than Jesus.

**MEDITATION AND MEMORY RESPONSE:** Read over Deuteronomy 6:4-6 multiple times in order to commit it to memory. “Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart.”

If you have already committed that to memory, try memorizing James 2:13.

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## DAY 4 // DAILY PRACTICES

**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)

**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 23:1-3

- 1 The Lord is my shepherd; I shall not want.
- 2 He makes me lie down in green pastures.  
He leads me beside still waters.
- 3 He restores my soul.  
He leads me in paths of righteousness for his name's sake.

**DEVOTIONAL:** In order to fully trust God's design for us, we must remember that God is a personal God. He is the perfect loving Father. He looks at you as one of his children. God is not distant seeking your submission to inflate his ego. God is actually near to you today. He is with you and He lovingly wants what's best for you. He wants your soul to feel alive and refreshed in Him.

**MEDITATION AND MEMORY RESPONSE:** Read over Deuteronomy 6:4-6 multiple times in order to commit it to memory. "Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart."

If you have already committed that to memory, try memorizing Psalm 23:1-3.

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## DAY 5 // DAILY PRACTICES

**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)

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

**SCRIPTURE:** Hebrews 12:1-2

<sup>1</sup>Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup>looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

**DEVOTIONAL:** Jesus took the penalty of sin for you. And not only did He take the penalty of sin for you, but did so in joy. Jesus joyfully took on your sin because He loves you so deeply. Many of us look at God through the lens of our own sin. When in actuality, we should look at God through His love and grace. If you ever doubt that God has what's best for you, then look no further than the cross. Jesus proved His love for you by joyfully taking on the penalty of sin.

**MEDITATION AND MEMORY RESPONSE:** Read over Deuteronomy 6:4-6 multiple times in order to commit it to memory. "Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart."

If you have already committed that to memory, try memorizing Hebrews 12:1.

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