

Daily Practices

Week of 5/24/21 - 5/28/21

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: Luke 4:18-19 and Matthew 28:18-20

[Luke 4:18–19] **18** “The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, **19** to proclaim the year of the Lord’s favor.”

[Matthew 28:18-20] **18** And Jesus came and said to them, “All authority in heaven and on earth has been given to me. **19** Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

DEVOTIONAL: A disciple of Jesus tries to imitate him. We should think like Jesus thinks; we should care for the things Jesus cares about; and we should love what Jesus loves. When we look at Jesus' life on earth, we should do the things Jesus did, and we should say the things Jesus said. This means that we have to be committed to getting to know Jesus more. There is no way that you will be able to imitate Jesus if you don't take time to get to know him more. What are some ways that you are getting to know Jesus more?

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.

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SCRIPTURE: Acts 1:8

8 But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” **9** And when he had said these things, as they were looking on, he was lifted up, and a cloud took him out of their sight. **10** And while they were gazing into heaven as he went, behold, two men stood by them in white robes, **11** and said, “Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven.”

DEVOTIONAL: Yesterday, we looked at how disciples of Jesus are called to imitate Jesus. But is that goal even realistic? Let's be honest for a second—he's Jesus! He's God, and we're not. It's not even fair to hold us to the perfect standard of Jesus. It can be discouraging at times—especially when we repeatedly fail to be like Jesus. It is natural for us to let ourselves off the hook a bit. After a while, we don't even we try to imitate Jesus. But there is good news! We are not expected to live like Jesus in our own power. We have been given the power of God to empower us. If you have placed your faith in Jesus, you have received the power of God in your life.

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: 1 Corinthians 12:7-11

7 To each is given the manifestation of the Spirit for the common good. **8** For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, **9** to another faith by the same Spirit, to another gifts of healing by the one Spirit, **10** to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. **11** All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

DEVOTIONAL: When we read the New Testament, we can see amazing works of the Holy Spirit through men and women of the church. But it wasn't just the great apostles. The entire church had the power of the Spirit in them. How the apostle Paul describes this power is as "manifestations of the Spirit" given for the common good. These gifts are ways that the Holy Spirit is made visible in us. There are many ways that the Holy Spirit may empower you. There are different lists of gifts that are further detailed throughout the New Testament, but the point is that the Holy Spirit has gifted you with his power, to empower you to live.

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: Romans 8:9-11

9 You 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: The power of the Holy Spirit isn't just potential energy that you can tap into every time that you want to do something. The Spirit isn't a magic genie that comes out anytime you want to control something. No, the power of the Holy Spirit is already in you. You already have access to Him. You don't have to say magic words. How you can become aware of the Spirit's power in you is by aligning yourself with the will of God. You must submit yourself to God with humbleness in your heart. You don't seek the power of the Holy Spirit for your own glory, but for God's glory.

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: 2 Chronicles 16:9

⁹ For the eyes of the LORD run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him.

DEVOTIONAL: Let this verse soak in for a moment. Read it again if you have to read it again. We align our will to God's will and we humble our hearts before him. When you do this, the Holy Spirit can do mighty things through you. You may not have great "success" in the way you define it. Jesus was remarkably in tune with the will of his Father. The Father knew this, saw this, and took every opportunity to empower Jesus' ministry. This is how we get the Spirit's power poured out in our lives. We do the very same thing. But to access the power Jesus had, we must align our will to God's will. God doesn't give you access to the power of the Spirit to build your kingdom, but to align yourself with what he is doing in his kingdom. Ask yourself: where am I seeking God to build my own kingdom instead of yours?

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.