

# Daily Practices

Week of 5/3/21 - 5/7/21

## 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 8:12-17

**12** So then, brothers, we are debtors, not to the flesh, to live according to the flesh. **13** For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. **14** For all who are led by the Spirit of God are sons of God. **15** For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" **16** The Spirit himself bears witness with our spirit that we are children of God, **17** and if children, then heirs— heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

**DEVOTIONAL:** When you placed your faith in Jesus, you received the Holy Spirit. He now indwells you— meaning that the God of the universe ministers directly to your heart and soul. He wants to speak to you, comfort you, and lead you because you are now identified as a child of God. In other words, the Spirit adopted you into the family of God and now you have direct access to the perfect, loving Father. God wants to unite your heart with his heart. Yet, so often we turn away from the Father. We turn back to the bondage of sin rather than sitting in the freedom given to us by God. The freedom from being an heir in the family of God isn't a freedom to live in the sin that previously enslaved us. Even though we constantly turn to our bondage, it leaves us searching out how to return to the freedom of life with God — by the Spirit. The Spirit leads us to our freedom. But that requires us to stop running, and it requires us rest in the Holy Spirit's leading. How is the Spirit leading you back to God right now?

**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 8:18-22

**18** For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. **19** For the creation waits with eager longing for the revealing of the sons of God. **20** For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope **21** that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. **22** For we know that the whole creation has been groaning together in the pains of childbirth until now.

**DEVOTIONAL:** Sin entered the world at the Fall and it enslaved everything to futility. When we follow in the path of sin, the furthest end is always futility. God didn't want us to live in this futility, so he sent Christ to set us free from being enslaved. This means that we no longer have to follow the path to futility. We can walk in newness of life empowered by the Spirit. In this we have a secure hope. But even in this newness of life, we still experience the effects of sin. The whole world groans at the presence of these effects. We can look forward to a day when all things will be made right, but for now we wait. We wait knowing that we can choose life, but we groan because the effects of sin are still here. This leaves us in tension asking two types of questions: How is the spirit leading me toward life? And how is sin causing me pain?

**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:** 2 Corinthians 5:1-5

**1**For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. **2**For in this tent we groan, longing to put on our heavenly dwelling, **3**if indeed by putting it on we may not be found naked. **4**For while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life. **5**He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee.

**DEVOTIONAL:** Everything that we've built is temporary—our possessions, our homes, our jobs, and even our bodies. Everything that we see is temporary. It is built for right now, but right now is impacted by sin. Sin makes us groan for what life could be if we could experience life as it was created to be. We long for the day when we don't have to experience the effects of sin. God promises us that if we believe in Christ, then we will be able to experience that day. He promises that he is building a "house" to which we can come home. He promises an eternal home that doesn't experience the pain from this world. Imagine a world where all pain is gone, all fear is gone, and all death is gone. God is preparing this home for you. We won't experience it fully yet, but he gives us a taste of this home. That taste is the Holy Spirit, God in us. Paul says that it is our "guarantee," promising this new life. As we submit to the Holy Spirit's leading in our lives, we can experience a taste of the future home. How is the Holy Spirit leading you toward a new life?

**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 8:26-30

**26** Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. **27** And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

**28** And we know that for those who love God all things work together for good, for those who are called according to his purpose. **29** For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. **30** And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

**DEVOTIONAL:** Even though the Holy Spirit is leading us toward new life, we are still weak and we choose to enslave ourselves to sin. We can't fully purify our hearts or our motives. Not being able to do so can feel frustrating and hopeless because we want to avoid weakness at all cost. We don't like losing. We don't like to experience pain. However, Paul said that it is in our weakness that the Holy Spirit shows up to help us. It's okay to feel weak and hopeless. It's okay not to have words to describe your frustration with sin and the futility in this world. Most of the time we feel like we have to strengthen ourselves to come to God, but actually it is when we admit our weakness, when we don't know what to say, that the Holy Spirit intercedes for us on our behalf. Wherever you are right now, you can rest knowing that the Holy Spirit is praying for you. He is praying on your behalf. He is giving language to God even though you may be too exasperated to speak yourself. God is with 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 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:** John 15:8-11

**8** By this my Father is glorified, that you bear much fruit and so prove to be my disciples. **9** As the Father has loved me, so have I loved you. Abide in my love. **10** If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. **11** These things I have spoken to you, that my joy may be in you, and that your joy may be full.

**DEVOTIONAL:** God promises a new home for us. He promises to build a home that is free from the pain and effects of sin. While this home will be wonderful, the sinlessness of this home isn't the most wonderful part about the new life. The best part about the new life is that we will be in deep, loving communion with God. We will be able to experience God as he meant for us to experience him. That's why Jesus came to earth. He left his home, so that we could come home to him. While Jesus was on earth, he told his followers how they could experience a taste of this future home. He told them to "abide" in his love. The word abide means to "stay at home." By coming to earth, Jesus is inviting us to rest in his love right now. He is inviting us to stop trying to prove ourselves and to rest in him, knowing that he fully knows you and accepts you because he loves you completely. How are you making space in your heart to rest with Jesus at home 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.