

# Daily Practices

Week of 6/7/21 - 6/11/21

## **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:** Philippians 3:17-21

**17** Brothers and sisters, join in imitating me, and keep your eyes on those who walk according to the example you have in us. **18** For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. **19** Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. **20** But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, **21** who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

**DEVOTIONAL:** In order to live like Jesus, the apostle Paul encourages us to look at the example of people who have already walked the journey of life. Some point us toward a more destructive end and others should point us toward Christ. Those focused solely on the here and now get too lost in the cares of the world. They are discipled by everything else, not by Christ. When we are discipled by Jesus, then we look forward to the day when he will transform our earthly bodies into the glorious heavenly body free from the effects of sin. The glory that Jesus earned, he will share with us. We can be encouraged because, while we live in a world that is filled with pain and despair, we can look forward to an eternity where all things will be at rest.

**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:** Revelation 21:12-23

**10** And he carried me away in the Spirit to a great, high mountain, and showed me the holy city Jerusalem coming down out of heaven from God, **11** having the glory of God, its radiance like a most rare jewel, like a jasper, clear as crystal, the city was pure gold, like clear glass....**19** The foundations of the wall of the city were adorned with every kind of jewel. The first was jasper, the second sapphire, the third agate, the fourth emerald, **20** the fifth onyx, the sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth, the twelfth amethyst. **21** And the twelve gates were twelve pearls, each of the gates made of a single pearl, and the street of the city was pure gold, like transparent glass. **22** And I saw no temple in the city, for its temple is the Lord God the Almighty and the Lamb. **23** And the city has no need of sun or moon to shine on it, for the glory of God gives it light, and its lamp is the Lamb.

**DEVOTIONAL:** God gave the apostle John a vision of what the setting of this eternal life will look like. The picture that John describes for us is filled with earthly things. Heaven isn't some obscure place. It is a very real place where God takes everything that is good and beautiful, and he makes it all even better. You could say that God makes everything that is good and beautiful, and he makes it all perfect. The reason everything is made perfect is because the presence of God is completely unveiled. Not only will we, but every thing will be, completely enveloped in God's radiant glory. We will get to experience life in the way that we were intended to live. This should give us hope and strength right now because the good news of Jesus will undo all the bad things that we've grown to experience as normal. The good news of Jesus provides us hope that the pain of life is not the way that it is supposed to be.

**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:** John 14:1-6

**1**“Let not your hearts be troubled. Believe in God; believe also in me. **2**In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? **3** And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. **4** And you know the way to where I am going.” **5** Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” **6** Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”

**DEVOTIONAL:** During this time, Jesus was about to physically leave his disciples. He had walked with them for years, but he knew that his time to take on sin and death was coming. Jesus had some parting words with which he left his disciples. He promised that this world would not be the end. He promised his followers that he would prepare a place for them in the glory of his Father's house, but that the only way to that place would be through Jesus himself. The only way that you will get to experience the hope of eternity in the heavenly dwelling is through Jesus. If you are a believer in Jesus, you can rest assured that Jesus is making a home for you. He wanted you to experience his Father's house so badly that he gave his life for 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 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:** 1 Peter 1:3-7

**3** Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, **4** to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, **5** who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. **6** In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, **7** so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

**DEVOTIONAL:** Like we saw yesterday, Jesus wants you to experience life in his Father's house so badly that he gave his life for you. Even though we didn't deserve eternity in this perfect heavenly dwelling, Jesus earned our way there for us. The apostle Peter calls this "great mercy." Sometimes it is difficult to understand the depths of mercy that God has lavished upon us, but there is coming a day when we will fully understand. While we wait, we will experience various trials. But the trials aren't the end! And thank God that the trials aren't the end, because sometimes it feels as if the trials will never end. The glorious heaven and presence of God is what we can look forward to. As you spend time in silence, drawing your attention to the presence of God with you right now, you can rest assured knowing that the goodness of God's presence will be even more fully and wondrously revealed to you someday.

**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. 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 Peter 2:9-12

**9** But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. **10** Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy. **11** Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul. **12** Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your good deeds and glorify God on the day of visitation.

**DEVOTIONAL:** While we live here, waiting for the day when we can experience heaven, the apostle Peter reminds us that we are to walk humbly and faithfully on the earth. He says that we are citizens of heaven, but that we are sojourning here now. A sojourner may not be a citizen, but they are living with the full experience of the place where they are currently residing. God doesn't want us to abandon the place where we are right now. If he wanted us to do that, then he would have just pulled us all out of the world when he gave his life for us. God wants us to live as a faithful and present witness to what it looks like to have a relationship with God. Our lives should reflect the hope that we can, and will, experience in Christ.

**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.