

Daily Practices

Week of 11/1/21 - 11/5/21

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 24:23-26

23 These also are sayings of the wise. Partiality in judging is not good. **24** Whoever says to the wicked, “You are in the right,” will be cursed by peoples, abhorred by nations, **25** but those who rebuke the wicked will have delight, and a good blessing will come upon them. **26** Whoever gives an honest answer kisses the lips.

DEVOTIONAL: Intentionally showing favor to the wicked is evil. Regardless of one’s social status, the way of wisdom is to seek righteousness and honesty in all situations. Even when it doesn’t feel like we will benefit from doing what’s right, pursuing righteousness is what’s best for us—not because we may or may not see physical blessings, but because our souls will align closer to the heart of Jesus. Jesus did what was right even though he knew that he would be killed for it. His example is set before us. We may never see the blessings of doing what’s right, but aligning with Jesus opens our heart to his Holy Spirit. Becoming more aware of the presence of God is blessing enough. How do you need to open your heart more to the ways of the Spirit by pursuing what is good and right? Take some time to pay attention to the Holy Spirit’s promptings 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. 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 24:30-34

30 I passed by the field of a sluggard, by the vineyard of a man lacking sense, **31** and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. **32** Then I saw and considered it; I looked and received instruction. **33** A little sleep, a little slumber, a little folding of the hands to rest, **34** and poverty will come upon you like a robber, and want like an armed man.

DEVOTIONAL: Solomon shares some practical advice regarding work. For those who are able, the balance of hard work and rest is something that we have to wrestle with in our current cultural moment. Too much work may reveal that we are looking for our identity in what we do. Too much rest may reveal that we are not motivated by the love of Jesus to live and act in the world. Either way, scripture has much to say about how we interact in the world. In this passage, this field wasn't producing and had fallen into disrepair because the owner wasn't keeping it up. Solomon isn't saying that we should ever take a break, but he is saying that each of us should work hard with the lot that God has given to us. Whatever God has given you, you should steward it to the best of your ability. This doesn't mean that you work so hard that you find your identity in what God has given you, but it means humbly receiving God's grace and using it for his glory. How are you stewarding what God has given to 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.

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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 25:25-28

25 Like cold water to a thirsty soul, so is good news from a far country. **26** Like a muddied spring or a polluted fountain is a righteous man who gives way before the wicked. **27** It is not good to eat much honey, nor is it glorious to seek one's own glory. **28** A man without self-control is like a city broken into and left without walls.

DEVOTIONAL: Solomon provides some word pictures leading up to his main point: a man without self-control is like a city broken into and left without walls. It is reckless and destructive. Much like eating too many sweets, it may taste good for a while, but consuming too much makes you sick. When we live to seek our own glory, we actually become sick on ourselves. Instead, we are called to follow the way of Wisdom ultimately personified in the way of Jesus. Rather than hedonistically pursuing our own way, we are called to find our true selves in the person and work of Jesus. Only when we pursue his righteousness, will we find the safety and security that we are craving. What are you pursuing? Is it rooted in your lack of self-control? Or is it rooted in the righteousness of Jesus?

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.

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SCRIPTURE: Proverbs 26:9-12

9 Like a thorn that goes up into the hand of a drunkard is a proverb in the mouth of fools. **10** Like an archer who wounds everyone is one who hires a passing fool or drunkard. **11** Like a dog that returns to his vomit is a fool who repeats his folly. **12** Do you see a man who is wise in his own eyes? There is more hope for a fool than for him.

DEVOTIONAL: Solomon gives some examples of how the ways of a fool lead to destruction. But this isn't the main point. The main point is that there is more hope for the fool than the one who finds wisdom in himself or herself. There is more hope for the fool than the proud. Neither listen to instruction, but at least the fool is closer to the end of their destruction. They are closer to their rock-bottom. The proud doesn't believe they have anything about which to be cautioned. The proud doesn't believe that they need to change because much of life has gone their way. This is the way of the flesh. But there is a different way—the way of wisdom. It teaches us that we have much to change, and that we can't do it on our own! In all humility, we need to submit to the Holy Spirit's conviction and guidance. Rather than walking in the ways of the flesh, we can walk in the way of wisdom by walking in the Spirit.

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.

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SCRIPTURE: Proverbs 26:24-28

24 Whoever hates disguises himself with his lips and harbors deceit in his heart; **25** when he speaks graciously, believe him not, for there are seven abominations in his heart; **26** though his hatred be covered with deception, his wickedness will be exposed in the assembly. **27** Whoever digs a pit will fall into it, and a stone will come back on him who starts it rolling. **28** A lying tongue hates its victims, and a flattering mouth works ruin.

DEVOTIONAL: The heart of a person will be revealed. It may not be in our timing, but God is just and he will have the final say. This should cause us to look internally at our own hearts. Are we disguising our own hate? Are we masking our anger with grace? Do we flatter other when we are actually filled with contempt? Those may be difficult questions, but God wants to get to the depths of your heart because he wants your heart to be transformed. He doesn't want you to stay in your destructive pattern of covering up the darkness in your account. He wants to expose your darkness and illuminate his love for you anyway. Rather than trying to hide sin, bring your sinful heart to God and let him work in you. Take a few moments to come before Jesus and confess your sin in all honesty. Allow him to speak. Allow him to convict. Allow him to comfort 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.