

# Daily Practices

Week of 2/21/22 - 2/25/22

## **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:** Psalm 106:1-5

<sup>1</sup>Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever. <sup>2</sup>Who can proclaim the mighty acts of the Lord or fully declare his praise? <sup>3</sup>Blessed are they who maintain justice, who constantly do what is right. <sup>4</sup>Remember me, O Lord, when you show favor to your people, come to my aid when you save them, <sup>5</sup>that I may enjoy the prosperity of your chosen ones, that I may share in the joy of your nation and join your inheritance in giving praise.

**DEVOTIONAL:** We can't even fathom how God is at work. He is upholding the earth in his hands and he is moving in the hearts of humanity to bring his kingdom to fruition. While he may not work on our timetable, he is good and his ever-present love endures forever. From the safety of God's love, the Psalmist pleads with God to show additional favor upon him. It is okay to ask God to help you. It is okay to cry out to him for relief. In fact, God wants you to take your honest self to him. The Psalmist felt like God had forgotten about him; yet, his faith was found in the direction of his prayer toward God. What areas of your life are you holding back from God? Where are you not directing your prayers toward God?

**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:** Psalm 106:6-12

<sup>6</sup>We have sinned, even as our fathers did; we have done wrong and acted wickedly. <sup>7</sup>When our fathers were in Egypt, they gave no thought to your miracles; they did not remember your many kindnesses, and they rebelled by the sea, the Red Sea. <sup>8</sup>Yet he saved them for his name's sake, to make his mighty power known. <sup>9</sup>He rebuked the Red Sea, and it dried up; he led them through the depths as through a desert. <sup>10</sup>He saved them from the hand of the foe; from the hand of the enemy he redeemed them. <sup>11</sup>The waters covered their adversaries; not one of them survived. <sup>12</sup>Then they believed his promises and sang his praise.

**DEVOTIONAL:** The Psalmist sees the sinfulness at work in his heart. He sees the sin of his people and compares it to the sin of generations past. Generation after generation, we can see that humanity is the same. Our propensity is to turn toward sin. Personally, we need to be honest with ourselves and notice our own tendencies to forget God and rebel against his Spirit. But we don't have to stay in that reality. We don't have to live in shame. The Psalmist takes a turn in verse 8 where he looks upon the mercy of God because just as we can be sure of our own sinfulness, we can also be sure of God's mercy. In fact, it is in the awareness of our sin, where we can see the mercy of God most deeply. Where is the Holy Spirit working in your heart to reveal your sin? What does it mean to you that God lavishes his mercy on you most deeply in that area of 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. 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:** Luke 11:33-36

<sup>33</sup> “No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead he puts it on its stand, so that those who come in may see the light. <sup>34</sup> Your eye is the lamp of your body. When your eyes are good, your whole body also is full of light. But when they are bad, your body also is full of darkness. <sup>35</sup> See to it, then, that the light within you is not darkness. <sup>36</sup> Therefore, if your whole body is full of light, and no part of it dark, it will be completely lighted, as when the light of a lamp shines on you.”

**DEVOTIONAL:** Jesus is speaking to the tension that we all experience between light and darkness. Jesus is the light, but darkness is everywhere—including within our own bodies. When we look upon Jesus, his light invades the darkness within us. The problem comes when we look upon false lights instead of the true light in Jesus. So much of our lives are filled with things that make us feel like the darkness is more tolerable. And that’s what we do. We turn to false light that enables us to tolerate our darkness rather than turning to Jesus who eradicates the darkness within us. Jesus said, “See to it, then, that the light within you is not darkness.” What are you looking upon? Are you looking at the true light or are you settling for false, cheap light?

**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.

**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 36:5-10

<sup>5</sup>May they be like chaff before the wind, with the angel of the Lord driving them away; <sup>6</sup>may their path be dark and slippery, with the angel of the Lord pursuing them. <sup>7</sup>Since they hid their net for me without cause and without cause dug a pit for me, <sup>8</sup>may ruin overtake them by surprise—may the net they hid entangle them, may they fall into the pit, to their ruin. <sup>9</sup>Then my soul will rejoice in the Lord and delight in his salvation. <sup>10</sup>My whole being will exclaim, “Who is like you, O Lord? You rescue the poor from those too strong for them, the poor and needy from those who rob them.”

**DEVOTIONAL:** David writes this psalm to express his exasperation. His enemies were gaining victory over him and he prays for their downfall. There is a tension here. Jesus tells us to love our enemies, but David prayed for his enemies to fail. What do we do? The point here is that the Psalmist didn't hide himself from God. He didn't hide how he felt. He was frustrated and angry. Yet, he took those feelings to God and trusted him with them. He expected God to act and save him from his pain, but trusted God's plan. Somehow despite his circumstances, his “whole being” exclaims the praise of the Lord. Praising God doesn't mean that we have to be fake. Praising God means looking to him in light of any situation that we face. What feelings do you need to take to God rather than burying them deep within?

**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.

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

**SCRIPTURE:** Jeremiah 4:1-4

<sup>1</sup>“O Israel,” says the Lord, “if you wanted to return to me, you could. You could throw away your detestable idols and stray away no more. <sup>2</sup>Then when you swear by my name, saying, ‘As surely as the Lord lives,’ you could do so with truth, justice, and righteousness. Then you would be a blessing to the nations of the world, and all people would come and praise my name.” <sup>3</sup>This is what the Lord says to the people of Judah and Jerusalem: “Plow up the hard ground of your hearts! Do not waste your good seed among thorns. <sup>4</sup>O people of Judah and Jerusalem, surrender your pride and power. Change your hearts before the Lord, or my anger will burn like an unquenchable fire because of all your sins.

**DEVOTIONAL:** The prophet Jeremiah was acting as the mouthpiece of God. He exposed the people of God for their complacency and hypocrisy. They could have turned to God rather than their “idols” and “detestable things,” but they didn’t. They were too proud and powerful. But the worst part about their situation is that they used the name of God, but they didn’t live in the ways of God. They were God’s people, but they were too blind to their pride and their misuse of power. We all need to be aware of our propensity to our own pride and misuse of power. How do you use the name of God, but fail to live in the ways of God? We all do. But the question is whether or not we are willing to “plow up the hard ground” in our hearts? Are we willing to see where we are living in hypocrisy? Are we willing to surrender and change our hearts before the Lord?

**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.