

# Daily Practices

Second Week of Lent

## **DAY 1 // WEDNESDAY**

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

**SCRIPTURE:** Luke 9:28-29

"Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white."

**DEVOTIONAL:** Often when reading the transfiguration story, we fail to stop and let the magnitude of Jesus's appearance sink in. Even though it's easy to do this, it's important we stop and reflect on this because it's in this moment Jesus reveals his true divine nature. Jesus' true identity is full of glory and power, yet he still chooses to take on the form of a humble servant. That should also humble us because we see the daily discipline Jesus walked in: the discipline to trust and submit to the Father's will. Jesus waited for his true nature to be revealed in the Father's timing rather than his own, and he waited until he was risen from the dead to reveal the fullness of who he is. In this season of lent, may we pray to embody the ways of Jesus through discipline by choosing to submit to the Father's will rather than give into the desires of our own heart.

**REFLECTION:** What comes to your mind when you reflect on the discipline Jesus chose to walk in every day on earth?

**PRAYER:** "Lord, grant us the strength to daily submit to your will. Trusting that you know the true desires of our hearts and believing that your ways are truly better than our own."

## **DAY 2 // THURSDAY**

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

**SCRIPTURE:** Luke 9:30-31

"And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure."

**DEVOTIONAL:** In reading the Gospels, we know that Jesus is the fulfillment of all things. We are reminded of this in the transfiguration when Jesus is joined by two main figures of the Old Testament: Moses and Elijah. It's significant that these two are in this story because many believe that Moses represented the Law and Elijah represented the Prophets who prophesied of a coming savior. Putting these pieces together, we see that Jesus is the fulfiller of the law and the fulfiller of the prophets, thus now beginning a new covenant with his people. As we reflect on this image of Jesus fulfilling the old covenant, we should feel encouraged that he has now established a new covenant with us so we can fully walk in communion with God. As we walk in communion with God, we are able to embrace this season of lent already fulfilled in Christ, no longer having to strive to experience fulfillment.

**RESPONSE:** What does it mean to you that Christ has fulfilled the old covenant so we can now walk in communion with God?

**PRAYER:** "Jesus, thank you for being the fulfillment of a covenant I could never fulfill on my own. Thank you for the price you paid so I can freely walk with you. Help me to never forget the sacrifice you made for the rest of my days."

## **DAY 3 // FRIDAY**

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

**SCRIPTURE:** Luke 9:30-31

“And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure.”

**DEVOTIONAL:** One of the most profound aspects of this story is that Moses and Elijah chat with Jesus about his departure from earth. The Greek word used here for departure is “exodus,” which is a direct parallel to the exodus story from the Old Testament. Author and theologian Tim Mackie talks about the parallel between Jesus and the Exodus story by describing Jesus as, “a new Moses freeing his new Israel from the tyranny of evil.” Just as the Israelites needed God to deliver them from the Egyptian slavery they were stuck in, we too needed Jesus to lead us out of the slavery of sin so that we may walk in freedom with him. Today, as we continue to fast and withhold ourselves from the desires of our flesh, let us have a heart of gratitude as we remember the freedom we are now able to walk in because of our savior’s exodus.

**RESPONSE:** Take two minutes to sit and reflect on how Jesus saved us from the bondage of slavery just as Moses led the Israelites out of their slavery. Then write down or pray your reflection to God.

**PRAYER:** “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”

## DAY 4 // SATURDAY

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

**SCRIPTURE:** Luke 9: 32-36, 2 Peter 1: 16-18

“Now Peter and those who were with him were heavy with sleep, but when they became fully awake they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, “Master, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah”—not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, “This is my Son, my Chosen One; listen to him!” And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.”

“For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty. For when he received honor and glory from God the Father, and the voice was borne to him by the Majestic Glory, “This is my beloved Son, with whom I am well pleased,” we ourselves heard this very voice borne from heaven, for we were with him on the holy mountain.”

**DEVOTIONAL:** After these three disciples witnessed the transfiguration, they kept silent and told no one what they had seen. In the other two accounts, Jesus was recorded telling them specifically not to share what they had witnessed until Jesus rose from the dead. This idea of patience can be overlooked in our Christian lives. Patience isn't just waiting for something to come your way or for God to do something in your life, but it is also when you choose to withhold something until the proper time. It's important to see that God can give us dreams, visions, and revelations that aren't meant to be shared right away. God calls us to trust him with every aspect of our lives, and we see Peter live this out as he withholds from sharing what happened on top of the mountain until the proper time. His patience ultimately strengthened his personal account to the majesty and greatness of Jesus. In this season of lent, as we deny our flesh, may we also put that into practice by choosing to be patient — trusting in God's timing rather than our own.

**RESPONSE:** What's something God has put on your heart to be patient and trust him with?

**PRAYER:** “Father, grant me the strength to be patient. Grant me the strength to trust in your timing and be faithful to the plan you have set before me. I trust in your all mighty wisdom and I commit my dreams, heart, and plans to you.”

## **DAY 5 // MONDAY**

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

**SCRIPTURE:** Luke 9:37-40

On the next day, when they had come down from the mountain, a great crowd met him. And behold, a man from the crowd cried out, “Teacher, I beg you to look at my son, for he is my only child. And behold, a spirit seizes him, and he suddenly cries out. It convulses him so that he foams at the mouth, and shatters him, and will hardly leave him. And I begged your disciples to cast it out, but they could not.”

**DEVOTIONAL:** One of the most profound aspects of this story, where Jesus encounters a father with a son who had an unclean spirit, is that it happened right after the transfiguration. The text specifically says it happened the very next day. Even after we experience moments of revelation with the Lord, we can find ourselves encountering hardship and opposition in our lives. With this being a reality for us, it is important that we as followers of Christ constantly stay ready for whatever might come our way. We cannot give into the temptation of thinking that we can rely on one moment of revelation to sustain us in our walks with Christ. Rather, we need to seek our daily bread — not just in this season of lent, but in every season of life we need to seek Jesus daily knowing that we can experience opposition at any point and at any time in our lives.

**RESPONSE:** How can you help yourself stay ready and aware for whatever might come your way in life?

**PRAYER:** “Lord, I humbly pray that you grant me the strength to seek you everyday. I recognize that it is only through you that I can experience protection, freedom, and security from the opposition I face everyday.”

## **DAY 6 // TUESDAY**

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

**SCRIPTURE:** Luke 9:41-43

Jesus answered, “O faithless and twisted generation, how long am I to be with you and bear with you? Bring your son here.” While he was coming, the demon threw him to the ground and convulsed him. But Jesus rebuked the unclean spirit and healed the boy, and gave him back to his father. And all were astonished at the majesty of God.

**DEVOTIONAL:** Jesus doesn’t hold back when he addresses the crowd in this story. That might seem harsh to some, but in this moment Jesus is trying to prove a point. Jesus intentionally used the words “faithless and twisted” so we can see the true way in which he calls us to live. Rather than living a life of faithlessness and perversion, Jesus calls all of us to live a life of faithfulness and purity. As we continue on in this lenten season, we are provided with a great opportunity to choose faithfulness every single day. Choosing every day not to give into temptation, but rather to rely on God’s spirit, will purify our hearts so we can truly live the life Christ calls us to live.

**RESPONSE:** Take two minutes to reflect on what it means to live a life of faithfulness and purity. Respond by writing in a journal, by meditating, or by talking with God.

**PRAYER:** “Lord, help us to be holy as you are holy, help us to be faithful as you are faithful, and help us to be pure as you are pure.”