

Life-to-Life Discipleship Resources for Daily Devotions – 2

from Pastor Bob

including devotionals used during Lent in 2014, 2017, 2020

from The Ways of the Alongsider

Our goal is to help people love and live the scriptures. Passing on our love of scripture is more than delivering a mini-sermon. Loving and living the Word is a Life-to-Life exercise. We spend time with people in small groups or one-to-one, teaching through the example of meditating on the Bible together. One practical tool to practice meditation is this three-step process:

- Observation – taking the first look
- Investigation – going deeper
- Application – responding in love.

Observation: At this point we're not trying to interpret the Scriptures; we only want to observe closely what's there. Here are some questions to help us take the first look. Look at the background.

- What's going on in this passage?
- Who's talking? Who's listening?
- What are the important words, people, and ideas?
- How do I feel about what's being discussed?

Investigation: Investigation means peering into God's heart as expressed in the passage. These questions will help us go deep to discover new insights. We're doing research, asking multiple questions to go deeper.

- What can I discover about God?
- What questions would I like to ask God, or the author, about this passage?
- What can I discover about myself?
- Are there any words or phrases that I need to define?
- What points or main idea is the author communicating?

Application: Application moves the Word from the head to the heart. When we respond in loving application, we're asking the Holy Spirit to change our lives as we obey. Here are some questions to help us respond in love.

- What is one take-away truth to think about today?
- How would I picture God changing my life if I applied this passage?
- What's one specific way I could respond to the Holy Spirit within the next twenty-four hours?

~ ~ ~ ~ ~

from High Quest – AWG – Appointment with God

Time: find a consistent time when you can get alone with God. The length of time is not as important as is consistency. What time works best for you?

Place: free from distractions. Be flexible

Plan: develop a simple plan – here’s one

Step 1: Read. Begin with a passage of scripture; a few verses or a whole chapter. Its usually best to limit the reading to a few verses in order to have time to reflect over them. The purpose of an AWG is to meet with God not to gain a lot of information. The chosen passages are not meant to limit you; you may read surrounding verses to add context. The AWG is designed for you to stop and dialogue with God as he speaks through his Word It is not designed to be a comprehensive Bible Study. The goal is to connect with Christ on a regular and personal basis – to sit at his feet and listen to his words.

Step 2: Record. Note the word or phrase that God seems to emphasize, that catches your attention, curiosity or interest. Selecting one word, or phrase, or verse will help to corral a wondering mind and sharpen your focus.

Step 3: Reflect: Stop and think about what God is saying to you from what you have recorded, Ask further questions about what you have recorded such as “what, why, how or when” type questions. You “recorded” what you read/what was said. Now you “reflect” to understand the implications – what does it say to me? Don’t be afraid to be silent as you reflect, write down your ideas and thoughts Journaling has many advantages.

As you begin it might be helpful to look for a SPECK. a **S** sin to avoid; a **P** promise to claim; an **E** example to follow; a **C** command to obey; a **K** knowledge about God to believe?

Step 4: Respond: Daily devotions is an AWG, a conversation with God. As you have listened to him, now pray over what you have just read and thought about. Allow what you have read to guide your prayer time. Pray also about issues and people who are part of your lie and day’s agenda.

~ ~ ~ ~ ~

A Simple Pattern: from the Navigators – Recording my time with God

Passage:

STOP! “Lord, where’s my heart today?”

LOOK! “Lord, help me discover new truth from your Word today?”

LISTEN! “Lord, what is your thought for me today from your Word?”

RESPOND! “Lord, what do I need to talk with you about?”

“Lord, what are you asking me to do?”

From Good Hope Lutheran Church: 2014 Daily Lenten Guide

STOP for a time of daily devotions and enter into a conversation with the Lord of Heaven and Earth. Take 15 minutes to grow each day this Lent

S.T.O.P. !

S: Spend: some time with God. I will set a Specific time and place and I will begin with a short, but Specific prayer of thanks and/or confession.

T: Text: God desires to speak to me through His Living Word. I won't just read the passage quickly. I will read the text and listen to what speaks to me and how that relates to my life situation. It will be OK for me to underline or highlight passages or write notes in the margin. The goal of my reading is to deepen my relationship with God and will, over time, transform my life.

O: Observe: I will listen for what the Holy Spirit is saying to me. I will ask questions of the text. I will probe deeper and let the text ask questions of me:

- "Where am I instructed, challenged, encouraged?"
- "Is there a sin to avoid, a promise to believe, an example to follow or avoid, a command to obey a knowledge of God to apply?"
- "How does what I am learning apply to my life?"

P: Pray: I will let the text and my observations lead my prayers today. Besides myself, I will consider who this passage invites me to pray for?

! Write it down: take a pen or pencil and write down your thoughts. Writing it down can help you remember, review , and share with others.

~~~~~

## A Second Simple Pattern: from the Navigators

### 2. An Alternate Pattern:

- 1) Lord, what part of this passage jumps out at me? What is a truth, and especially a new truth, that I discovered?
- 2) Lord, how do those truths apply to my life, especially to my vocation of \_\_\_\_\_ ? (*i.e. family, work, neighbors*)
- 3a) Lord, based on what your Word has taught me, what do I need to talk with you about? (*consider prayers of thanksgiving, confession, and intercession*)
- 3b) Lord, in your Word, what are you asking me to do?

## From Good Hope Lutheran Church: 2017 Daily Lenten Guide

### A Simple Way to Pray for a Good Friend

by Martin Luther, 1535

For our Lenten journey this year, Martin Luther will teach us how to pray. In 1535 Peter Beskendorf, Luther's good friend and barber, asked him for a simple way to pray that an ordinary man could use. Luther's response was a short booklet that gives us the prayer pattern we will adopt and learn from this Lent.

#### Following Luther's Prayer Pattern

Choose a portion of the catechism, a psalm, a word of Christ, or another portion of scripture to meditate on.

**One:** In remembrance of God's unconditional grace, we make the sign of the cross as we say, "Under the care of the Father, + and the Son, and the Holy Spirit."

As we start, we stop and settle our spirits by asking, "where is my heart today?" and by finding it at rest in God.

**Two:** recite a favorite portion of scripture or the creed.

**Three:** Luther then encourages a brief introductory prayer

**Four:** now focus your attention on reading and meditating on the passage you have chosen for this day. Use the four steps of Luther's pattern to meditate on scripture

**Instruction** - what have I learned about God? What is God's message to me? What does He want me to remember or do?

**Thanksgiving** - from what I have read or learned, what is a blessing I am thankful for?

**Confession** - what in my life needs to change to come into alignment with what I've read?

**Petition** - how can we simply turn the thoughts we had, or wrote down, into a prayer?

**End:** after additional petitions, end by praying the Lord's Prayer.

~~~~~

A Third Simple Pattern: from a member of Good Hope

- 1) What calls to me from the Word I've encountered?
- 2) What connection to my life do I see?
- 3) What is God asking me to think about, pray about or do in response?