

WRAP: A Daily Devotional Practice

We are busy people. How can we learn to spend time with God every day so that our whole day is focused on Christ and not the tyranny of the urgent? Remember that God longs to meet with us. You can wrap each day in scripture and prayer using this brief rhythm to help you bring your whole self to God.

W - Write Your Worries

Find a quiet place, take a deep breath, and name what's weighing on you today. As Psalm 139:23 says, "Search me, God, and know my heart; test me and know my anxious thoughts."

- What anxieties, concerns, or burdens are you carrying that belong to God ?
- What praises and thanksgiving can you offer to God for his faithfulness?
- What sin do you need to confess to God?

Write these down as a way to relinquish and release them to God.

R - Read the Bible

Read a passage of Scripture. "Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

- What does it say? Try to rephrase it in your own words.
- What does it mean? Interpret it by reading the surrounding passages and learning about the book's historical and cultural context.

Re-read the passage and notice what God may be drawing your attention to - a word, a phrase, a truth.

A - Apply God's Word

Meditate on what God is asking you to believe or do through the passage.

- What does it say to you about who God or Jesus is?
- What does it say to you about people or about yourself?
- Is there an invitation, challenge, or promise that God has for you?

Write down and reflect on a key verse or truth you discover and ask God how to apply it today. As Jesus said, "everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock" (Matthew 7:24).

P - Pray in Response

Now that God's Spirit has spoken through Scripture, continue the conversation. As Paul writes, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God (Phil. 4:6).

- Thank God for meeting with you.
- Ask the Holy Spirit for the power to live out what you've learned.
- Pray for friends, family, and unbelieving friends who come to mind.
- Pray for the church, community and world.

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