Day 1: **I Arise Today…**

Lorica:

**I arise today,**

**Through a mighty strength, the invocation of the Trinity**

Bible Passage:

Psalm 5:3, 11-12 (feel free to read the whole Psalm)

O Lord, in the morning you hear my voice;  
    in the morning I prepare a sacrifice for you and watch.

But let all who take refuge in you rejoice;  
    let them ever sing for joy,  
and spread your protection over them,  
    that those who love your name may exult in you.  
For you bless the righteous, O Lord;  
    you cover him with favor as with a shield.

Questions for reflection:

1. What do you think about first thing in the morning? How might your day be different if your first thoughts were directed toward God?

2. How might praying for God’s “mighty strength” impact your days?

3. What is one concrete way that you can focus your attention on God early in your day?

4. Are there some Bible verses that can help you think about the “mighty strength” of God throughout the day?

Day 2: **Creator of creation**

Lorica:

**I arise today,**

**Through a mighty strength, the invocation of the Trinity…**

**Through belief in the Threeness,  
Through confession of the Oneness  
of the Creator of creation.**

Bible Passages:

Genesis 1:26:

Then God said, “Let us make man[[a](https://www.biblegateway.com/passage/?search=Genesis%201%3A26&version=ESV#fen-ESV-26a)] in our image, after our likeness.

2 Corinthians 13:14:

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Questions for reflection:

1. Why is the doctrine of the Trinity important for us? What does it add to our understanding of how God relates to us?

2. How can we find strength in the fact that God is three-in-one?

3. How might it change the way you approach your day to reflect on the fact that God is the “Creator of creation”?

4. How do you relate to God as Creator?

Day 3: **Christ’s birth and baptism**

Lorica:

**I arise today,**

**Through the strength of Christ's birth with His baptism**

Bible Passages:

Luke 1:31-33:

And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever, and of his kingdom there will be no end.”

Matthew 3:16-17:

And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; and behold, a voice from heaven said, “This is my beloved Son, with whom I am well pleased.”

Questions for reflection:

1. How does the fact that Jesus entered into our vulnerability impact you?

2. How can you find strength in the baptism of Jesus?

3. What does it mean to you that you are a son or daughter of the Most High God?

4. How can you reflect that God is your Father to those around you?

Day 4: **Christ’s crucifixion and burial**

Lorica:

**I arise today…**

**Through the strength of His crucifixion with His burial**

Bible Passages:

1 Corinthians 1:18:

For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.

Romans 6: 6-7:

We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin.

Questions for reflection:

1. We usually think of the death of Jesus as a point weakness. How can this actually be a source of strength for you?

2. Grief is a common experience (especially right now), how does the death of Jesus impact our grieving? Does it make any practical difference?

3. Are there ways we can talk about death that are fruitful and healthy?

4. Are there any passages of Scripture that might encourage you as you deal with the reality of grief and death?