

Day 5 (2/22): Christ's Resurrection and Ascension

Lorica:

**I arise today,
Through the strength of His resurrection with His ascension**

Bible Passages:

1 Peter 1:3

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.

Mark 16:19

After the Lord Jesus had spoken to them, he was taken up into heaven and he sat at the right hand of God.

Questions for reflection:

1. How might thinking about the resurrection when you are first awake shape the way you approach your day?
2. People often overlook the ascension. How is there strength for us in the ascension?
3. What does it mean to you that we worship the ascended Jesus?
4. What does "resurrection life" look like in practical ways?

Day 6 (2/23): Christ's Descent and Judgment of Doom

Lorica:

**I arise today,
Through the strength of His descent for the judgment of doom**

Bible Passages:

Matthew 25:31-32:

When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne. ³² Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats.

Revelation 20:14:

Then Death and Hades were thrown into the lake of fire. This is the second death, the lake of fire.

Questions for reflection:

1. If you awoke in the morning and reflected on the return of Christ, how might impact your day?
2. The Judgement often evokes scary images, but the outcome is good. What are some ways you can remind yourself of this?
3. Sometimes we think about the return of Christ as a far future event, yet Christ gives us His authority to make disciples, how does this change the way you look at life?
4. In light of all this, what strength comes from thinking about the return of Jesus Christ?

Day 7 (2/24): **strength of the love of cherubim**

Lorica:

**I arise today
Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,**

Bible Passages:

Revelation 5:11-12:

Then I looked and heard around the throne and the living creatures and the elders the voice of many angels, numbering myriads of myriads and thousands of thousands, saying with a loud voice, "Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!"

Matthew 4:11:

Then the devil left him, and behold, angels came and were ministering to him.

Questions for reflection:

1. The Bible calls the angels "ministering spirits." What does this understanding communicate to you about God's character?
2. How does it make you feel to know that God has angels available (and active) helping us?
3. How does the obedience and service (and worship) of the angels give us strength?
4. how might being aware of the presence and activity of angels impact your daily life?

Day 8 (2/25): **Hope of resurrection**

Lorica:

I arise today...

In the hope of resurrection to meet with reward

Bible Passages:

1 Peter 1:3-5:

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

Questions for reflection:

1. Last week we talked about the Resurrection of Jesus. Today the focus is on our resurrection, how does this future promise encourage you?
2. What part of the resurrection are you looking most forward to (and why)?
3. How does the idea of God giving you rewards impact the way you look at life?
4. In Christ, we are "new creations" – resurrection life has started somehow – how can we demonstrate this life to others?

Day 9 (2/26): **In the saints**

Lorica:

I arise today...

**In the prayers of patriarchs, In the predictions of prophets,
In the preaching of apostles, In the faith of confessors,
In the innocence of holy virgins, In the deeds of righteous men.**

Bible Passages:

Romans 15:4:

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

Hebrews 12:1:

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us...

Questions for reflection:

1. Have you read any biographies that inspired you? How so?
2. How can awareness of fellow Christians (especially those that have gone before us) help us to “arise” today?
3. We know our history and our fellow Christians stories poorly, how can we nurture awareness of the “great cloud of witnesses”?
4. How can you write or tell your own story of faith to join the “cloud of witnesses” for those who come after you?

Day 10 (2/27): **The strength of heaven**

Lorica:

**I arise today, through
The strength of heaven**

Bible Passages:

1 Corinthians 4:20:

For the kingdom of God does not consist in talk but in power.

Psalm 57:2-3:

I cry out to God Most High,
to God who fulfills his purpose for me.
³ He will send from heaven and save me;
he will put to shame him who tramples on me. *Selah*
God will send out his steadfast love and his faithfulness!

Questions for reflection:

1. What does mean to “look up” for God’s help or to “wait on the LORD”? Why is this challenging for us?
2. What helps you to connect to the reality of heaven?
3. How can we demonstrate the “strength of heaven” in our daily lives now (instead of just assuming this happens after we die, or Jesus returns)?
4. Can you think of some specific ways to start your day in the “strength of heaven”?