

Day 11 (3/1): **Light of the sun**

Lorica:

**I arise today,
Through the light of the sun**

Bible Passages:

Psalm 19:4b-6

In them he has set a tent for the sun,
which comes out like a bridegroom leaving his chamber,
and, like a strong man, runs its course with joy.
Its rising is from the end of the heavens,
and its circuit to the end of them,
and there is nothing hidden from its heat.

Proverbs 4:18:

But the path of the righteous is like the light of dawn,
which shines brighter and brighter until full day.

Questions for reflection:

1. The sun is so brilliant we can't look at it directly, how does this reflect the sun's Creator?
2. What gifts does the sun bring for we can give thanks to God?
3. Shifting our thinking about the sun to metaphor, how does this image strengthen us spiritually?

Day 12 (3/2) - **Radiance of the moon**

Lorica:

**I arise today,
Through the radiance of the moon**

Bible Passages:

Genesis 1:16:

And God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars.

Song of Solomon 6:10:

Who is this who looks down like the dawn,
beautiful as the moon, bright as the sun,
awesome as an army with banners?"

Questions for reflection:

1. Imagine on a dark night a full moon emerging from behind the clouds. What feelings does that image evoke?
2. The moon has captured the imagination of many writers and poets. How might thinking about the moon help us to worship God?
3. The moon's light is a reflection of the sun. How can we be a reflection of God's light?

Day 13 (3/3) - **Splendor of fire**

Lorica:

**I arise today,
Through the splendor of fire**

Bible Passages:

Exodus 19:18:

Now Mount Sinai was wrapped in smoke because the LORD had descended on it in fire. The smoke of it went up like the smoke of a kiln and the whole mountain trembled greatly.

Hebrews 12:29:

For our God is a consuming fire.

Luke 3:16:

And John answered them all, saying, "I baptize you with water, but he who is mightier than I is coming, the strap of whose sandal I am not worthy to untie. He will baptize you with the Holy Spirit and with fire."

Questions for reflection:

1. How does fire convey the character of God?
2. Fire can be mesmerizing, almost hypnotic, how does this help us think about our journey of faith?
3. How might reflecting on the "fire of the Holy Spirit" in the morning impact the way you live out your day?

Day 14 (3/4) - **Speed of lightning**

Lorica:

**I arise today,
In the speed of lightning**

Bible Passages:

Ezekiel 1:13-14:

As for the likeness of the living creatures, their appearance was like burning coals of fire, like the appearance of torches moving to and fro among the living creatures. And the fire was bright, and out of the fire went forth lightning. And the living creatures darted to and fro, like the appearance of a flash of lightning.

Matthew 24:27:

For as the lightning comes from the east and shines as far as the west, so will be the coming of the Son of Man.

Questions for reflection:

1. When you see lightning in the sky, what emotions do you feel? What does it evoke in you?
2. Speed is the “virtue” attributed to lightning – how does this relate to our relationship with God or our spiritual journey?
3. What does the reference to lightning in the Lorica add to our understanding of God?

Day 15 (3/5) - **Swiftness of wind**

Lorica:

**I arise today...
In the swiftness of wind**

Bible Passages:

Psalm 103:4

He lays the beams of his chambers on the waters;
he makes the clouds his chariot;
he rides on the wings of the wind;

Acts 2:2:

And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting.

John 3:8:

The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

Questions for reflection:

1. Wind is both beneficial and frighteningly powerful. How might this help us understand the God we worship?
2. The wind is also a symbol for the Holy Spirit. In what way does the image of the wind help us understand the ministry of the Holy Spirit?
3. How might the image of the wind offer you ways to think about begin "refreshed"?

Day 16 (3/6) - **Depth of the sea**

Lorica:

**I arise today,
Through the depth of the sea**

Bible Passages:

Psalm 42:7:

Deep calls to deep
at the roar of your waterfalls;
all your breakers and your waves
have gone over me.

Isaiah 51:10:

Was it not you who dried up the sea,
the waters of the great deep,
who made the depths of the sea a way
for the redeemed to pass over?

Questions for reflection:

1. What does mean to you that God redeems his children from “the deep”??
2. How does the image of the sea help us to worship the Creator?
3. What “depths” are you experiencing now? How can you find strength in these circumstances?