

Day 17 (3/8) - **The stability of the earth**

Lorica:

**I arise today...**  
**The stability of the earth**

Bible Passages:

Psalm 104:5:

He set the earth on its foundations,  
so that it should never be moved.

Ecclesiastes 1:4:

A generation goes, and a generation comes,  
but the earth remains forever.

Questions for reflection:

1. We take the stability of the ground we walk on for granted. How would life be different if we couldn't trust the ground we walked on?

2. What is it that "grounds" you, meaning, gives you a sense of stability when things don't otherwise feel stable?

3. What does it mean to you that God is "stable"?

Day 18 (3/9) - **The firmness of rock**

Lorica:

**I arise today...**  
**The firmness of rock**

Bible Passages:

Psalm 40:2:

He drew me up from the pit of destruction,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.

Matthew 7:24-25:

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock."

Questions for reflection:

1. Have you ever had a time when you slipped uncontrollably? What did it feel like? What did you think in that moment?

2. Can you think of a time you had an experience like the author of Psalm 40, when God put "your feet upon a rock" emotionally or spiritually?

3. Christians say the promises of God are "sure." What promises of God do you need to lean into right now?

Day 19 (3/10) - **God's strength to pilot me**

Lorica:

**I arise today, through  
God's strength to pilot me**

Bible Passages:

Deuteronomy 31:8:

It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”.

Philippians 4:13:

I can do all things through him who strengthens me.

Questions for reflection:

1. Think of piloting a plane or a boat. What does it mean to you that God is available to “pilot” you?
2. Why might Patrick have connected the idea of strength to piloting?
3. How might reflecting on the piloting ministry of God change the way you approach your day?

Day 20 (3/11) - **God's might to uphold me**

Lorica:

**I arise today,  
God's might to uphold me**

Bible Passages:

Isaiah 41:10:

Fear not, for I am with you;  
be not dismayed, for I am your God;  
I will strengthen you, I will help you,  
I will uphold you with my righteous right hand.

Ephesians 3:16:

that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.

Questions for reflection:

1. Reflect on a time when someone gave you significant support – whether physically, financially or emotionally. How did that make you feel?
2. If the might of God upholds us, why do we fear?
3. What pictures come to mind when you think about the word “uphold”? How does that encourage you?

Day 21 (3/12) - **God's wisdom to guide me**

Lorica:

**I arise today...**  
**God's wisdom to guide me**

Bible Passages:

Proverbs 2:6:

For the LORD gives wisdom;  
from his mouth come knowledge and understanding;

James 1:5:

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

Questions for reflection:

1. When you think of wisdom, what images or ideas run through your mind?
2. How does wisdom offer guidance to us?
3. God gives wisdom, but He also calls us to seek it. What are some concrete ways you seek wisdom in your life?

Day 22 (3/13) - **God's eye to look before me**

Lorica:

**I arise today,  
God's eye to look before me**

Bible Passages:

Psalm 33:18-19:

Behold, the eye of the LORD is on those who fear him,  
on those who hope in his steadfast love,  
that he may deliver their soul from death  
and keep them alive in famine.

Proverbs 3:5-6:

Trust in the LORD with all your heart,  
and do not lean on your own understanding.

<sup>6</sup>In all your ways acknowledge him,  
and he will make straight your paths.

Questions for reflection:

1. God is eternal, which means He is not limited or bound by time. Since this is so, what does it mean about God's view of our future?

2. Do you ever struggle with trusting your future (especially the short-term future) to God? Why?

3. How does thinking about God as your "scout" or "pathfinder" encourage you?