

Day 23 (3/15) - **God's ear to hear me**

Lorica:

**I arise today...  
[through] God's ear to hear me**

Bible Passages:

Psalm 34:15:

The eyes of the Lord are toward the righteous, and His ears toward their cry.

Psalm 145:18:

The LORD is near to all who call on Him, to all who call on Him in truth.

1 John 5:14:

This is the confidence we have towards Him, if we ask anything according to His will, He hears us.

Questions for reflection:

1. What is your practice of prayer really like?
2. Many people feel guilty about their practice of prayer. How does it change things to think about God actually listening to us?
3. What is a simple change you can make prayer a source of strength?

Day 24 (3/16) - **God's word to speak for me**

Lorica:

**I arise today...**  
**[through] God's word to speak for me**

Bible Passages:

Hebrews 4:12:

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Matthew 10:19:

"When they deliver you over, do not be anxious how you are to speak or what you are to say, for what you are to say will be given to you in that hour."

Colossians 4:6:

Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.

Questions for reflection:

1. What do you think it means to have God's Word speak "for" us (not "to" us)?
  
  
  
  
  
  
  
  
  
  
2. We have a "study" orientation when it comes to God's Word. How do you practice a more "meditating" approach to the Word?
  
  
  
  
  
  
  
  
  
  
3. What are some specific ways that you can let the word of God speak "for" you?

Day 25 (3/17) - **God's hand to guard me**

Lorica:

**I arise today,  
[through] God's hand to guard me**

Bible Passages:

Psalm 23:4:

Even though I walk through the valley of the shadow of death,<sup>[a]</sup>  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

Romans 8:31:

What then shall we say to these things? If God is for us, who can be against us?

Questions for reflection:

1. What comes to mind when you reflect on the of “God’s hand guarding you”?
2. What does it mean to you that God Himself is personally engaged in guarding you?
3. How might it change the way you approach each day to reflect on the guarding ministry of God first thing in the morning?

Day 26 (3/18) - **God's shield to protect me**

Lorica:

**I arise today,  
[through] God's shield to protect me**

Bible Passages:

Psalm 33:20:

Our soul waits for the LORD; he is our help and our shield.

Proverbs 30:5:

Every word of God proves true; he is a shield to those who take refuge in him.

2 Thessalonians 3:3:

But the Lord is faithful, and he will strengthen you and protect you from the evil one.

Questions for reflection:

1. How does the image of God bearing a shield before you add to your understanding of God's ministry on your behalf (especially in light of yesterday's "guarding" picture)?

2. The world (both physical and spiritual) is full of dangers, many of which never touch us. How does it change your perspective to think about how much God has protected you from?

3. How do you rest in God's protecting presence in tangible or practical ways?

Day 27 (3/19) - **God's host to save me**

Lorica:

**I arise today...  
[through] God's host to save me**

Bible Passages:

Psalm 91:11:

For he will command his angels concerning you to guard you in all your ways.

Hebrews 1:14:

Are they not all ministering spirits sent out to serve for the sake of those who are to inherit salvation?

Questions for reflection:

1. What do you picture when you hear about the “host” of heaven saving you?
2. How does it make you feel to know that you are not alone against the spiritual forces of evil?
3. Can you think of ways to practice “mindfulness” about the reality of spiritual beings interacting with our lives in some way?

Day 28 (3/20) - **From snares of devils**

Lorica:

**I arise today,  
From snares of devils**

Bible Passages:

2 Corinthians 11:14:

And no wonder, for even Satan disguises himself as an angel of light.

Ephesians 6:11-12:

Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Questions for reflection:

1. How does it change the way you approach your day if you pray against temptation or the “schemes of the devil” first thing in the morning?

2. Are you aware of the snares that are specifically effective in your life?

3. What are some ways that you can prepare yourself to meet the day, knowing that you have spiritual enemies that are active against you?