

Day 35 (3/29) - **Christ before me, Christ behind me**

Lorica:

Christ before me, Christ beside me

Bible Passages:

1 Peter 2:21:

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.

Psalm 139:5:

You hem me in behind and before,
and you lay your hand upon me.

Questions for reflection:

1. Christ before and behind could refer to being our vanguard and rearguard. What does the idea that Christ is guarding you cause you to think and feel?

2. Christ before and behind could refer to being our example and support. What does the idea that Christ is guiding but also “pushing” (like up a hill) cause you to think and feel?

3. Which image resonates with you more – guarding or guiding and strengthening – and why?

Day 36 (3/30) - **Christ in me**

Lorica:

Christ in me

Bible Passages:

Galatians 2:20:

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

1 John 3:24:

The one who keeps His commandments abides in Him, and He in him. We know by this that He abides in us, by the Spirit whom He has given us.

Questions for reflection:

1. When you think about “Christ in you” what comes to mind?
2. How might reflecting on the fact that Christ is “in” us change the way you approach your day?
3. “Christ in us” is more than just a statement about His presence being with us, what else might be entailed in this image?

Day 37 (3/31) - **Christ beneath me, Christ above me**

Lorica:

Christ beneath me, Christ above me,

Bible Passages:

John 10:29-30:

My Father, who has given them to me,^[a] is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one.”.

Matthew 28:18:

And Jesus came and said to them, “All authority in heaven and on earth has been given to me.

Questions for reflection:

1. “Christ beneath me, Christ above me” can suggest several different things. How can you understand these phrases in a way that brings you encouragement today?

2. One way to think about these phrases is protection from spiritual forces. How does Jesus protect you from spiritual forces?

3. Another way to think about these phrases has to do with authority and power. How do you think about the authority and power of Jesus in your daily life?

Day 38 (4/1) - **Christ on my right, Christ on my left**
Lorica:

Christ on my right, Christ on my left

Bible Passages:

Psalm 34:7:

The angel of the Lord encamps around those who fear Him,
And rescues them.

Colossians 3:1-3:

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.

Questions for reflection:

1. What images come to mind when you think about Christ being to the right and left? Do these images provide a source of strength or comfort?

2. One way to think about these phrases is in terms of companionship. How would reflecting on Christ being your companion daily change how you approach life?

3. How might you help others to experience this companionship of Christ?

Day 39 (4/2) - **Christ when I lie down...Christ when I arise**

Lorica:

**Christ when I lie down,
Christ when I sit down,
Christ when I arise**

Bible Passages:

Psalm 4:8:

In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

Psalm 5:3:

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

Questions for reflection:

1. Do you have “preparing for sleep” and “preparing for the day” routines. How might you bring a deeper awareness of Christ into those routines?

2. What do the images in the Lorica communicate to you about the ongoing ministry of Jesus?

3. How do you practice greater dependence on Jesus Christ?

Day 40 (4/3) – Christ in everyone

Lorica:

**Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.**

Bible Passages:

Matthew 5:16:

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Luke 6:40:

A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher.

Ephesians 5:1-2:

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Questions for reflection:

1. How might seeing your purpose as others thinking of Christ when they think of you change the way you approach each day?
2. How is the idea of reflecting Christ so powerfully or transparently challenging to you?
3. What are some practical ways you can “point others to Jesus” in your ordinary interactions?