

3 WAYS TO REDEEM SOCIAL DISTANCING

"Spiritual disciplines" patterned on the example of Jesus enable us to experience God's presence in profound ways. Three are especially relevant to social distancing today.

01 PRAYER

Jesus began his day with prayer and solitude (Mark 1:35) and often prayed alone (Luke 5:16) and at night (Luke 6:12). But he also prayed often for others (cf. John 17:9) and with others (cf. Luke 9:28). He prayed according to the will of his Father (Matthew 26:39). And he taught us that we "should always pray and not give up" (Luke 18:1 NLT).

How are you using these days to deepen your relationship with your Lord in prayer?

02 SOLITUDE

Scripture says that Jesus "would often slip away to the wilderness and pray" (Luke 5:16 NASB). He encouraged his disciples to "come with me by yourselves to a quiet place and get some rest" (Mark 6:31 NIV). Setting aside a place for solitude follows his model as well (cf. Luke 22:39).

When will you next make an appointment for time alone with your Lord?

03 MEDITATION

This is focusing on a biblical passage, something in nature, or an event and asking God to speak to you through it. Scripture calls us to "meditate on [God's word] day and night" (Joshua 1:8; cf. Psalm 1:2; Psalm 119:97). David told God, "I remember you upon my bed, and meditate on you in the watches of the night" (Psalm 63:6). He also told him, "I meditate on all that you have done" (Ps. 143:5).

Will you take time today to focus on God's word or world, asking him to speak to you?



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