

## **A simple daily rhythm for meditative reflection**

Try to find a quiet spot. Take a few slow breaths and let yourself settle in. You can start with a simple prayer.

*Lord Jesus, I ask for Your light today. Open my eyes, fill me with Your hope and joy, and help me walk with You as a child of the day.*

### **Read the passage slowly**

Read today's passage three times, taking your time and not rushing.

- During the first reading, just listen and see if any word or phrase stands out to you.
- When you read it a second time, pause over that word or phrase and let it sink in.
- On the third reading, ask yourself, What is God showing me about "Call: Covenant & Costly Discipleship" here?

### **Reflect**

Don't try to force any insight. Just notice...

- What does this reveal about God's heart?
- Where do I feel comfort, resistance, grief, longing, or gratitude?
- What might God be inviting me to trust or release today?

### **Respond honestly and simply**

Speak to God in a few honest sentences. You could respond with:

- Thanksgiving,
- Confession,
- Or a request for help

### **Take a few minutes to rest**

Sit quietly for a few minutes and just be present.

If you want, go back to the word or phrase that caught your attention.

### **Carry one phrase with you**

You could write down a phrase from the passage and keep it with you during the day, whether on a note card, your phone, or just in your mind.

## **Daily passages on Light: Rejoice & Illumination**

God meets us in our darkness with the light of Christ. His light brings hope and joy, and opens our eyes so we can walk as children of the day.

### **Day 1 — Isaiah 9:2–3 (light in darkness; joy increases)**

**Topic:** God's light breaks into our darkness and brings hope. Laetare joy does not mean ignoring pain, but being open to new gladness as light appears.

### **Day 2 — Psalm 23 (the Shepherd's presence and provision)**

**Topic:** God's care as our shepherd keeps us going, even in hard times. His goodness and comfort are with us when the road feels long.

### **Day 3 — 1 Thessalonians 5:5–11 (children of light; encourage one another)**

**Topic:** In Christ, we belong to the day. God calls us to wake up to who we are, children of light, putting on faith, love, and hope, and strengthening each other along the way.

### **Day 4 — Psalm 27:1–6 (the Lord is my light; steady confidence)**

**Topic:** When God is my light, fear quiets down. Laetare joy means focusing on His presence and letting courage grow.

### **Day 5 — 2 Corinthians 4:6 (light in our hearts)**

**Topic:** The God who created light also brings light into our lives. Jesus gives us inner illumination, helping us see God more clearly and live with hope instead of heaviness.

### **Day 6 — John 1:4–9 (the true Light who shines)**

**Topic:** Jesus, the true Light, overcomes darkness. His life and light reach us and fill us with Laetare hope right where we are.