

FOUR ZERO WEEK SEVEN DEVOTIONS

DAY 45/46 FRIDAY

WEEK SEVEN: Spirituality and Security in Work and Life

WORDS FOR THE WEEK: “Father, into your hands I commit my spirit.” (Luke 23:46)

TAKE THIS PATH: From Longing to Finding

BUILD ON THIS: Daily Sleeping

FEAST ON THIS: Jesus is showing you a consciousness of the Father from the first second of the crucifixion (“Father forgive...”) to the last (“Father, into your hands...”). He was always conscious of the Father, offering Himself as a living and daily sacrifice. His work was a prayer. His actions were all worship. Now He will close His eyes. Here’s a question: Can you stay conscious of God when your eyes are closed? Each night you close your eyes. If you live to be 70 years old, 23.5 of those years you will be asleep. How about committing your spirit into His hands when you sleep? Perhaps your week will be transformed if you become conscious of the Father while you sleep. Jesus could sleep in a storm. (Mark 4:38). Perhaps He had learned how to trust His Father so deeply He could let go of consciousness and trust Himself into His Father’s hands. Have a look at Psalm 4 if you want some help with your sleep. Have a look at the cross if you want to see an example of trust.

DQ: Can you become conscious of the Father tonight as you sleep?

MORE FOOD: See *WTW No: 359 In Between Times 17.2: Between Sleep and Awake: The Gerar King (see the sleep and awake series)

See **JRR PP: 203-SLEEPING SPIRITUALLY

PRAYER: Father, give me the gift of sleep tonight and allow me to become aware of your presence this night and every night. Amen.

Symbol of the Cross: †

TableTalk: Who is the best sleeper round the table? Who is the worst? What helps you sleep? What keeps you awake? Talk about what kind of prayer would be good to pray to help you sleep well.

QUOTE TO NOTE: I am thirsty

Jesus of Nazareth AD 33 (approx)

FortyFact: Good Friday is quite simply the most important day in history when Jesus died. He was tried 6 times before the execution began.

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