

09.23.20 – A Weekly Word for Covenant Church

Title: Making and Taking Time to Wait on the Lord

Scripture Reading: [Psalm 27](#); [Acts 1:12-14](#)

Reflection: Pastor Henry

Believe it or not, we are already two thirds through the month of September. Can you believe it? For some of us, this means that we have been in school for 3 or more weeks now. Summer break is now a thing of the past and is getting further and further away. In its place, new school, work, and sport team rhythms, patterns, and practices have emerged. And with the change to the school season, new and different joys and challenges now fill each of our days and nights.

As we make these changes in our rhythms, patterns, and practices on account of our work and school rhythms, what changes are we also making to our spiritual formation rhythms, patterns, and practices?

This past Sunday, two things that Pastor Doug said in his message to us stood out to me:

“The best way to “anticipate an uncertain future” is to follow this pattern of the disciples: obeying, preparing, waiting and praying together (Acts 1:14).”

“Today, few church members arrange their lives (as Jesus did) around practices (waiting, praying, engaging the Word, discernment, etc.) that allow them to draw power from the Spirit - and yet they continue to wonder why nothing is happening...”

Certain things in our lives, such as school and work, require and force us to change our rhythms, patterns, and practices. For example, if we want to arrive to our first period class at school on time, we can't sleep in till 11 AM like we did during the summer when school is not in session. If we want to be to class by 8:00 AM, we need to get up and going sometime before 7:30 to get ready and get to school.

But, when it comes to our [spiritual formation](#) and our relationship with God, God doesn't require us, but rather invites us, to embrace rhythms, patterns, and practices that will strengthen and grow our faith in God. God invites us to embrace practices and rhythms that will allow us to draw power from the Holy Spirit. Practices such as waiting and praying. Practices that Jesus modeled for us. Practices that are as old as the Psalms.

Listen again to what the psalmist says in [Psalm 27:14](#): “Wait for the Lord; be strong, take heart, wait for the Lord.”

When we wait on the Lord, when we seek His face, God will meet us and reveal himself to us. The Lord will teach us and lead us. The Lord will be a source of help, strength, and courage.

But, for this to happen, we need to first wait on the Lord. We need look eagerly for the Lord. So, I wonder, how are we doing when it comes to arranging our lives around spiritual practices that allow us to wait upon and draw power from the Spirit of God? When and how are we engaging with and listening to God's word? When and how are we making time and space to listen to the Spirit of God within you? When and how are we listening to and praying with other disciples of Jesus? There are all kinds of different [spiritual formation practices](#) that we can use. The challenge is most often not the options

available to us. Rather, the challenge most of us face is making time and space in our lives to engage in one or more of these options.

As you take a moment right now to reflect on your own spiritual formation, which spiritual practices are you currently using and/or which one(s) might you need to introduce into your daily rhythm in order to regularly take time to wait on the Lord and to draw power from the Spirit?

Prayer:

Jesus, our Savior and Lord, you demonstrated and modeled for us rhythms, patterns, and practices that enabled you to wait upon and seek the will of your Father in Heaven. Spirit of God, help each of us to do the same. Enable us to make time and space in our lives to wait upon the Lord and to draw power from Your presence within us. AMEN.

Action Item for the Day/Week:

Examine your current daily/weekly spiritual formation practices and rhythms. What is going well? What needs to change? What do you need to add? What do you need to subtract? Commit today to making the necessary changes to your spiritual formation process and practices.

Songs for today:

[Everlasting God](#)