

How to Spend a Day with Jesus Using Romans as Your Guide

The idea is to meditate on the truth of Scripture as you go about your daily routine. Of course meditation is easiest if we have the verses memorized, but until then reading will do.*

When you first wake up...

- Meditate on 11:33-36. Spend a few moments praising God and offering this day for his glory.
- Meditate on 8:28 and be reminded that nothing can happen today that God cannot redeem.
- Meditate on 5:8, 3:24 and 8:1 to remember the heart of the gospel as applied to you.

As you take a shower...

- Meditate on 6:11-14 and remember that because in baptism you were united with Christ in death and resurrection, you are free from the power of death and sin.
- As you wash off yesterday's dirt, offer the parts of your body to God as instruments of righteousness. Commit to trusting in concrete ways that God's best for you is the best for you.

As you get dressed...

- Meditate on 13:11-14. Remember that we evaluate all of life from an eternal perspective.
- Think about what temptations may come at you today and commit to fighting them by the power of God's Spirit in you. As you put on fresh clothes, think about how you will manifest the character of Christ in various situations you foresee throughout the day.

Leaving the house...

- Remember 12:3-8 and commit yourself to humbly maximizing your gifts, talents, influence, opportunities, and responsibilities for the advancing of God's mission.
- Remember 10:14-15 and ask God to give you open eyes to see the lost people around you, and to guide you to speak evangelistic words in wise and loving ways any chance you get.

During a lunch break (or at some midday point)...

- Meditate on Romans 8:37-39 and recall that nothing that has happened today can separate you from the love God has shown you in Christ Jesus.
- Think about chapters 2-3 and take a moment to confess to God whatever sins you have committed this morning. Make plans for reparations when necessary.
- Remember 15:5 and ask God to fill you with the mind of Christ toward all people, especially those you find difficult to love.

Heading home from work...

- Think about Romans 16 and take a minute to thank God for the people you spent the day with (whether literally or figuratively, as in customers you may not have seen but had in mind while working). Pray for any and all things that come to mind.
- Stay with Romans 16 and thank God for whomever you may be going home to (family, friends, roommates, neighbors). Remember 15:5 again and ask God to fill you with the mind (and energy!) of Christ toward all people, especially those you find difficult to love.

Before retiring to sleep...

- Meditate on 8:1 and 8:28. Thank God for saving you and for his eternal plan that will redeem every part of today - even the hard parts.
- Turn 11:36 into a prayer ("you" instead of "him"). Let go of what you weren't able to accomplish today (i.e. let God be God), rest in the finished work of Christ, and go to sleep.

* This was inspired by Willard's short and very helpful "How to Spend a Day with Jesus" in *Renewing the Christian Mind*.)