

MOMENT

song devotional



MICAH | MICHELLE



MICAH | MICHELLE • A word from the band

How do you stay connected to God within the chaos of life?

Your chaos might look different than ours, but we know that in the midst of meeting the demands of life, the busyness of coming and going—work stress...kids stress...“adulting” stress—staying connected to God can feel out of reach. Sometimes we need help. We wrote this album in hopes of making that connection a little bit easier.

MOMENT is a collection of songs that are inspired by The Daily Office, an ancient spiritual practice of setting fixed times of the day to connect with God. Each song on the album represents a certain time of day, starting from the moment you wake up till the moment you lay your head down to sleep, and seeks to connect the common activities of those times with

God's presence. Our hope is that these songs of worship and prayer will help us remember that even in our daily comings and goings, God is with us, and that every moment can be sacred.

This devotional is a deeper dive into the theme of the songs, from a different perspective than our own. It's a huge honor to have these amazing authors and pastors contribute their thoughts to this work and we know you'll be encouraged by their words.

May this album and devotion be a refreshing to your soul. Keep reaching for Him friends. He's right there with you.

- Micah and Michelle



MORNING SONG

[upon waking]

VERSE REFERENCES

Psalm 143:8, 59:16, & 90:17

Lamen. 3:22-26



*Morning sings, and You are here, Faithful as the sun
A new song on my lips is sung, Sorrow of the night is gone*

*Arise, my morning song
Arise, oh Spirit come
Arise, Christ be my all
Oh, today I rise in You*

*Renew my mind, Revive my heart, Fill my hands with hope
Light my eyes with Kingdom sight, Heaven in my soul*

I rise in You, I rise in You

*You're the God of heaven and earth, Establish my words and work
You're the one who calms the sea, settle the spirit in me
You're the source of life and love, Giver of joy and peace
Oh, let every good thing*



There's something about the morning.

A sunrise is much different from a sunset; the air in the morning seems nothing like the air at night. Most importantly, our minds are in such different spaces in the morning than at night: more anticipation than regret, more expectation and less reflection. The morning presents to us a life we have yet to live. There's something about the morning.

Psalm 63:1 says,

“O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.”

The Psalms were originally written in the Hebrew language. When this Psalm is read (or sung, as it was originally intended) in this ancient Jewish language, the word “earnestly” is also understood as the word “early.” This songwriter says, “O God, you are my God; early I seek you!”

While it may sound strange to our English ears, there's something beautiful in this verse and word: to the ancient Hebrew songwriter, seeking God “earnestly” is the same thing as to seek him “early” in the morning. If we are pure and devoted in our passion to seek God, why would we wait until the end of the day to look for him appearing in our life? Wouldn't he be the first thing on our minds? Psalm 63:1 helps me remember that everything I am earnest about I do early.

Many times I am more earnest for my phone than my God. I

once heard someone say, “Seek the face of God before you seek the face of man.” It’s a simple rule and a wise one. What would happen to our life if God was the first thing we set our minds on? What if we intentionally ignored the many things that come at us so we could earnestly seek God early?

Our mornings tell us a lot about what we’re eager for. It is reported often that Jesus himself woke up “very early in the morning, while it was still dark,” and “he departed and went out to a desolate place, and there he prayed” (Mark 1:35). Jesus was eager to be with his Father before anything else, even the sunrise.

Before our day begins, anything is possible. We do not know what will happen nor how we will respond to what happens. Some days we are eager to meet the demands of the day, other days we are filled with dread. Why be eager to meet God in prayer? In Scripture? In meditation? In praise? Because the True and Living God, unlike the day ahead, remains sure, steadfast, and faithful. We meet God in the morning—earnestly and early—because we know he will be with us, no matter how the day goes. We are sure he will be him, and he is enough. Only in the morning do we experience the uncertainty of the day right alongside the certainty of God’s nature and character. This is why we greet him before anyone or anything else.

There’s something about the morning.

— **Chris Nye**, Pastor at Awakening Church, Author of *Distant God* and *Less Of More*



ALL CREATION LIFT YOUR VOICE

[start of work day]

VERSE REFERENCES

Psalm 145

1 Corinthians 10:31

Galatians 6:14



*Every task is unto Him, Every labor holy
Hands that serve and hearts that love
May our work be worthy*

*Every moment, every breath, movements of Your kindness
Let our days here on the earth, glory in Your purpose*

*All creation, lift your voice
Rise to give Him blessing
Make the song of heaven yours
Rising from the earth*

*Every star beams with Your light, Seas swell in Your power
Mountains sing a mighty song, Trees sway with Your wonder*

*Glory to the King of Heaven
Bring His kingdom here
We boast only, only in Christ's glory
Rich in grace made near*



The word “labor” carries a breadth of meaning. For most of my life, the word primarily made me think of *hard work* or just a plain old *job*. But in the late spring of 2015, my wife gave birth to our first child and, of course, “labor” began to take up residence in a completely new corner of my heart and mind.

Anticipation. Struggle. Pain.

Then...*Life. Brand new life.*

And that truly is “labor,” isn’t it? Whether it’s birthing a child or managing a business or tending a garden or painting, songwriting, teaching, roofing, engineering, parenting... all labor invites us into the same essential journey.

We *anticipate* the work that is to come and the potential good it may create.

We *struggle* against the grain of mediocrity, straining up mountainous challenges and seeking inspiration during long stretches of mundane plateaus.

We bear the *pain* of this struggle, believing and trusting, that the end will not only justify but also magnify and beautify the means.

Then...*Life. Brand new life.*

One of the great paradoxes of human experience is that despite the struggle and pain, without this all-important journey of

labor, our lives are robbed of purpose. As Tim Keller writes, “Work...is an indispensable component in a meaningful human life. It is a supreme gift from God and one of the main things that gives our lives purpose.” It’s been said that human beings are “meaning-making” creatures; and our labor, any and all of our endeavors that seek to bring more good into the world, is God’s great meaning-making gift to us.

This makes all the sense in the world when we consider the story. In the beginning, God creates and cultivates a garden, then fills that garden with life and potential. He gathers dust and bones to form human beings, made in his image, called to partner with him in the work of stewarding his good new world. God labors and gives birth to image-bearers, designed to labor just the same. This is his labor-of-love, so to speak. Out of love he creates us, in order that we might join him in the work of creating out of love. And so, we discover untapped depths of meaning, purpose, and joy when we participate in the work we’ve been created for—the work of working, partnering with God in labors-of-love.

This is why the writer Paul reminds us, “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters” (Col. 3:23) and “Whatever you do, do it all for the glory of God.” (1 Cor. 10:31) These are not demands for blind, thoughtless allegiance. Rather, they are invitations to recalibrate our priorities and motivations in such a way that our labor becomes an act of worship.

Because when we worship, nothing is in vain, nothing is wasted, nothing is lost.

Because when we worship, every moment and every movement matters.

And so, whatever you do, however you spend your hours and days, wherever you labor, do so as an act of worship. Surrender the work of your hands and offer the ingenuity of your mind to the God who created us to create, the God who made us to make, the God who loved us to love.

- **Jay Kim**, Pastor, Author of *Analog Church*



YOUR NEARNESS IS OUR GOOD (featuring Liz Vice)

[mid-day / mid-work]

VERSE REFERENCES

Psalm 73:28, 119:36-37



*In the places where we cannot see your hand
Lord, be near
When destruction seems to carry on at whim
Lord, even then
When the light shines everywhere but at our feet
Lord, be near
When the clouds just won't stop following me
Oh Lord, even then*

*Your nearness is our good
Your nearness for our good
Your nearness is our good
Your nearness for our good*

*When the war of words steal our humanity
Lord, be near
And when a friend becomes an enemy*

*Lord, even then
When we're full of questions and unanswered prayers
Lord, be near
When the truth I hold is questioned everywhere
Oh Lord, even then*

*Would you turn my eyes from worthless things
Oh God, You are my only aim*

In the middle of the day, in the middle of a project, in the middle of life, our initial burst of energy has waned. There is no finish line in sight to revive us. We are weary. Most of us were not prepared for the monotony of the work and the uncertainty of the waiting here in the middle. Our vision at the start of it all didn't include all of these interruptions, betrayals, or this unshakeable loneliness. The idea of it all felt much more exciting. The dreams we once marveled over have faded and now there is just the work we do.

Your nearness is our good, God, here in the middle.

The middle is a time of questioning, of evaluating progress, of decreasing certainty about the horizon. Usually I feel that I should be much further by now. I wonder if it's possible to hide how behind schedule I am, and the more I wonder the more I am sure that everyone can see my mediocre progress here in the middle. There's something a little hopeless about "Is this all there is?" But hopeless feels like too dramatic and colorful a word, the middle is much quieter than that. There doesn't seem to be much going on here in the in-between.

God doesn't seem near, and his goodness feels like it is for someone else.

For all God's promises to be near us, to never leave us, for His promise that His very Spirit will intertwine with ours, it can get awfully quiet in the middle. Researchers have discovered something interesting about very young babies and how their understanding of the world grows. Early on, for example, if you show an infant a toy and then cover it with a box or blanket they will act as though it has disappeared. Once a baby



develops a little more, they understand that they can look for the hidden toy by overturning the box or throwing off the blanket. This milestone is called object permanence- the understanding that objects continue to exist even when they cannot be perceived. There is something about trusting God to be near and good even when He seems silent, and maybe something more to knowing that we can look for Him.

Would you turn my eyes from worthless things, you are my only aim.

When I am looking for God, I am usually looking for His answers. I want hope that my dreams are not dead. I want some sort of purpose assigned to this treadmill of seemingly endless work. I want a promise that good things are coming. When I am looking for those things, I will rarely find God because I am really only looking for my own comfort. If I want to find God I have to look past myself. I have to look past the unresolved nature of my middle place. I need to stop counting my grievances. Stop imagining all the good things God could be doing right now, but isn't. My only aim must be to notice God. My eyes searching the horizon not for what will come to me next, but for the shape of His nearness. And in the permanence of his closeness, I can rest in His goodness. Even in the middle.

—**Liz Ditty**, Speaker and Author of *God's Many Voices: Learning to Listen, Expectant to Hear*, www.LizDitty.com/book

KINGDOM OF HEAVEN

*[end of workday /
coming home]*

VERSE REFERENCES

Psalm 23, 39:4-6,
Matthew 7:7-11, 11:28-30



*I see you now, your load is heavy
All that you carry, your hands are worn
My sons and daughters, stop all your trying
To make yourself something, you're already home*

*In the Kingdom of Heaven there's a wild love
At the table I've prepared there is more than enough
There is rest for your hands and rest for your feet
In the Kingdom of Heaven you'll sit down with me*

*My sons and daughters, take off your trouble
Drink in my goodness, Find all you need
Come and pass through the doorway, I'll open freely
I have been waiting, to welcome you in*

Come on in, I've been waiting for you!



The Kingdom is described in a lot of ways, especially by Jesus, that might make you scratch your head. Jesus doesn't use too many descriptors of the actual place, but often comparisons to things that seem, on the surface pretty...ordinary. Small seeds, farmers, searching merchants and fishnets? Really? This is the Kingdom? And it belongs to children? The likes of mine which cannot seem to clean their rooms, do their homework, or pick up the legos in the living room.

In this past year, after many hard falls and stumbles, I feel I have just begun to grasp the very smallest grain of understanding in what these descriptors of the Kingdom might possibly mean. You see, I have had the head knowledge that Christ allows access to his Father's Kingdom and I have known that it is offered freely through the work of the cross. However, I have begun to see my whacked-out operating system and skewed way of viewing the gospel through a dimmed lens. A lens distorted by a world that is constantly evangelizing to work for my part of the sacrifice of Christ—that I owe something; that there is a quid pro quo to the work of the cross. In this season of extreme difficulty, I came to the end of a lengthy rope of misunderstanding and religiosity. Christ reached me at my most vulnerable state and said, "Let me take your load and let me go with you. I will always walk with you—I go where you go." What a revelation. All the things I have been trying to do to please God, to earn favor from him and others, is now gone? Impossible. But it resonates like pure truth which soothes and quenches a very parched soul indeed. Gospel.

Small seeds grow into massive trees—flourish, bear fruit and offer protection. Farmers sow and reap goodness and bounty.

Searching merchants discover wonderful and marvelous treasures, buried in the depths. Nets expand to cast out and catch. Growth, fruit, bounty, discovery, wonder, buried treasure and eternal expansion? These things sound like life—like a Kingdom I want to be a part of, and all I have to do is sit and eat at the table? I don't have to earn my spot? All I have to do is rest, relax, play, and trust like a kid and believe in the security of a Father who knows what is best? Let the Kingdom come!

- **Knathan Ryan**, *The Bruised Hearts Revue*



THE TABLE

[dinner time]

VERSE REFERENCES

Matthew 8:11, 26:27-29

Revelation 19:7-9

Isaiah 25:6

*Toast to the night, Drink in the memories
Let's have our fill of all that's right
Looking around, Telling the stories
We could go on with this all night*

*Something is familiar, like a place I've been
Or maybe somewhere I will go
A feeling of forever and something kinda holy
A little bit of heaven in my home*

*Save me a seat at Your table
I want to be next to you when we dine
Rest my head upon Your shoulder
I want to sit at the table of God*

*The invitation, this bread and wine
Holding the sweetness of life
Oh, I can taste it, now and then
We'll be here again*

*Let me sit, let me sit, let me come sit at the table Lord
I will rest, I will rest, I will rest my head
I will rest my head when I'm with You*

*In the end, we will go, to that table I've known
Feast forever, thirsty never
I'll sing, I am home, I am home*



Plates are empty and glasses are half full. The family conversation continues, even after the coffee is gone. It has been awhile since everyone has been at the table together. No one wants to leave. Everyone, consciously and unconsciously, wants to savor this moment and somehow suspend time. The joy is palpable. A few tears remember loved ones awaiting us in heaven. This is the family table.

The Table has been the central focus of Christian worship for nearly 2000 years. From high altars in Cathedrals, to folding rounds in school buildings, it is special when Christians are at the table.

The table comes from Jesus' celebration of Passover with his friends as he prepared to endure unimaginable agony to secure our salvation. But this Passover is different from all others before. In continuity with the Jewish tradition, Jesus and his friends drink the cups and eat the special foods as they celebrate God's deliverance of his people from Egyptian slavery. But in contrast, Jesus inaugurates a new covenant, with the cup of thanksgiving (eucharist in the Greek language, hence the term in Christian worship) now recognized as his blood shed for the forgiveness of sins. The bread is broken, celebrating Jesus' offering of himself for us. The bread, in the words of St. Paul, represents both Christ and his Body—the community of all who have faith.

Jesus calls us to celebrate the Cross (“remember my death”) and anticipate the joy of his return (“until I come”). The table in early Christian worship was part of the agape (love) feast—a big potluck—that was a place of fellowship for all the community: rich and poor, Jew and Gentile, women and men.

Over the centuries it became more formal and ornate, more mysterious and yet somehow more routine. In some traditions, the reaction to ceremonialism made the table accessible again...with a pulpit now the focus.

The Table is where the whole family can gather for reflection and repentance, rejoicing and renewing. In our community worship, it is worth lingering just a bit more.

What if we set welcoming tables in our homes for friends new and old? The table in our homes is a special place of happiness and holy presence. Time does seem to stand still as we enjoy the food and each other. Whether it is a five-course meal with fine place settings or takeout seated on the floor, when food and conversation are enjoyed in the name of Christ, Our Lord rejoices and dines with us.

Come to the table, there is a seat for you. And every meal shared with love anticipates the great feast ahead: The Marriage Supper of the Lamb we will enjoy with all the saints of all ages. Let's start rehearsing for this now with heartfelt hospitality.

- **Dr. Charlie Self**, Author, Speaker, Minister, and Professor
Director of Learning Communities, *Made To Flourish*



EXAMEN

*[evening rest /
prayer of examen]*

VERSE REFERENCES

Psalm 141:2-3

*Here I lift my humble words
Incense to the God I love
Holy presence, meet me here I pray*

*I remember, I recall
You've been in the great and small
Thank you for the blessings of today*

*Like a song, You stay
In a prayer, I wait*

*I can barely count the ways
Looking back, I felt Your grace
In Your goodness, I am filled with joy*

*For the things that I regret
Words I wish I hadn't said
Let forgiveness waters roll again*

*I give tomorrow to Your hand
Show me grace to start again
May my words and love be more like Yours*





I don't naturally pause and reflect all that well. I'm an evangelist by gifting, a person of activity by nature, and a pastor in vocation. I'm also a husband and father to four kids. Thus, if I'm not careful, my life rarely slows down all that much. That's why I need spiritual disciplines to slow me down and center me in prayer.

This Christmas, my wife gifted me a special gift of a daily planner based on the liturgical calendar called "Sacred Ordinary Days." The planner literally invites me to set up my day by the practices of Examen.

Examen, or the Prayer of Examen, was created by Ignatius of Loyola in the 1500's. Ignatius was born in Spain and wanted to go to war to have a purposeful and meaningful life. When he became wounded by a cannonball that permanently affected his leg, he spent months recovering in a hospital run by nuns. He thought his life was over; God had other plans for Ignatius.

During his recovery and the months that followed, Ignatius started to learn about Jesus and realized his life purpose was to follow Christ. He gave his life to Christ and spent the rest of his days helping others connect with the God he loved. In order to spend time with the Lord, he developed the prayer of Examen to deepen his faith. The focus of Examen is finding God in all things and becoming aware of the ways the Holy Spirit is speaking and leading through the ordinary events of each day.

Though the Examen has some variations, it often can be used with five simple pauses or movements in prayer:

1. Become aware of God's presence.
2. Think back on the day with gratitude.
3. Review the events of the day: what brought joy?
Where was pain?
4. In light of my review, what is my response to God?
5. Look ahead toward tomorrow.

Examen is literally a reflective spiritual practice, a chance to pause and consider your movements of the day as you come before the Lord in prayer. As it is practiced, the Examen becomes more than just thinking about the day—it becomes prayer as you place the day's events before Jesus. This spiritual practice leads to the embodiment of our faith, where the truth of Christ resides not just in our minds through theological precepts, but exists in our very lives.

In “Examen,” Michelle and Micah’s new song, they sing: “I remember, I recall, You’ve been in the great and small. Thank you for the blessings of today.” The heart of the prayer of Examen is this very practice of remembering and reflecting how the goodness of God was on display in the actual events of our lives, the very great and the very tiny. He is in it all.

And as we start to turn attention to the God who was with us in our days, our reflection can become worship. As you pray through the Examen, each prompt is an opportunity, an onramp for your spirit and your life to connect to the God who made you.



Michelle and Micah's song continues: "I can barely count the ways, looking back, I felt Your grace, In your goodness I am filled with joy." The heart of worship is reflecting with Joy on the presence of the Lord. Examen allows us to reflect and reset and align our steps with God's heart.

Examen is also the slowing down in the middle of our busy lives to intentionally seek the face of God. In Psalm 119: 58, the Psalmist writes, "I have sought your face with all my heart; be gracious to me according to your promise." And these active steps of slowing, seeking, reflecting, listening, and moving forward is exactly what Paul was talking about in Romans 12:2: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." As we enter into the Examen, we are taking active steps of obedience to be transformed into the image of Christ. And the fruit of this practice will not only be more peace and joy solidified by the presence of Christ, we will be inviting His Spirit to lead us into the future with "His good, pleasing and perfect will."

I don't know about you, but this combination of present tense joy and future tense obedience is exactly what I hunger for. Ignatius created the Examen to become more aware of the sacred moments in each day where God speaks, God shapes, God forms, and God dwells with us. Ignatius needed Examen; turns out, I do too.

-**Scott Sund**, Executive Lead Pastor, Bethany Community Church

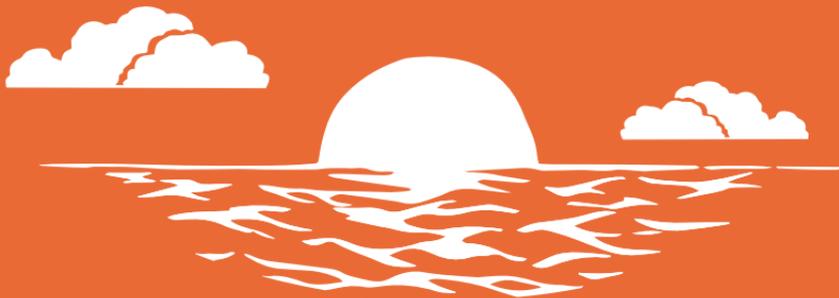


NIGHT SONG

[bedtime]

VERSE REFERENCES

Psalm 4:8, 42:8, 63



*I lay down and sleep in peace
Even now You settle me
In every hour, You're with me
You provide all that I need*

*And even in the dark, in the cold of the night
I will be warm, I'll be warm in Your light*

*I lay down a worried mind
The battle holds no fear tonight
In every care, You see me
Sheltering under Your wings*

*By day the Lord directs His love
At night His song, his song is with me*

*Someday I won't have to feel the cold
But I do now so I know what it feels like when I feel fire*
—“Fire,” Sara Bareilles

Night song.

There is something so comforting about the idea of having a song to mark the end of an unpredictable and chaotic day, week, or month. A song to meditate on, to slow our minds from the chaos in our lives, and to give us hope for another day.

As I meditate on the idea of a night song, I can't help but picture a family that comes together at the end of a day to share joys and worries both big and small from that day... and the sound of “music” that is formed as we sing melodic, harmonious cries from our lives.

When I think of the unpredictability that a single day in our lives holds, I also can't help but think of the anxiety that falls upon us at night. While the song formed from our day plays over and over as the night falls deeper and deeper, many of us are left awake by the spinning adrenaline from our problems, traumas, and desires. They lie awake with us with no care for our well-being or peace of mind. And for those of us who can still sleep easily through this, we are still awoken by anxiety's pressing burden on our chest. *Inhale. Exhale. You are here.*

If I go up to the heavens, you are there; if I make my bed in the depths, you are there. - Psalm 139:8

This psalm has always brought me deep comfort, thinking that God is with me in the depths of the life's darkness. It's also brought me deep comfort to see that the psalmist knows we will go to depths, and He is still there.

As you listen to Night Song I invite you to meditate on the lyric, “And even in the dark, in the cold of night I will be warm, I’ll be warm in your light.” Like a family comes together at the end of a day to share highs and lows, stop and take a moment to listen to the song that was written by your day. Whether it’s loud and bold or quiet and melancholy, sing it back to the Lord and be met with His warmth, His light, and His song being sung back over you.

Just as the sun rises each day,
the dark will come back around with it.
The evening will fall upon us to mark the end of another day.
The sun will go down,
and cold will still touch our skin...
And while we wait for the sun to rise again...
Inhale. Exhale. You are here.

He will keep the light on.
He will hold the warmth for us.
He can hold our wailing, our wonder, and our worry. His song remains with us through the night.
Inhale. Exhale. You are here.

As the Psalmist sings, “For surely as the sun will rise, You’ll come to us...surely as the dawn appears...” we sing along as we find rest in His promises each day again.

- **Jessica Senbetu**, Silicon Valley CRU Staff

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