

Fear Less/Hear More Before-or-After-Dinner Devotions ("B.U.R.P. Time")

April 26 – May 02, 2020

There are 6 B.U.R.P. Times, one for each day of the week, Sunday through Friday. This is intended to take 10 minutes or less each night, preferably before everyone gets up from the table (That's a really long burp...! Maybe a world record...!). Or it can be done just before the meal, but don't let your food get cold (unless it's cold pizza, of course!). The idea is for your family to enjoy it, not dread it. Keep it concise. Make it as interactive as possible. Let everyone lead in a part. However, we do think it is important for the family to see a parent, preferably Dad (when possible), leading the family to seek and worship God. So, here's the suggested flow. Here's how to B.U.R.P.:

- B Bible** -- Read the passage. We suggest reading from an understandable translation like the New International Version, the New King James Version, or the Holman Christian Standard Bible.
- U Understand** -- Have someone read the "Understand" section -- This is written either by Boyd, Bobby, or Jae.
- R Reason** -- Read the questions, and try to get everyone to respond in some way. It is important to learn how to articulate our faith. Help each other.
- P Pray** -- Have a short prayer of commitment. One is provided for a guide. Read it if you like. God hears your heart.

Nothing satisfies like the Lord... and hearing and doing God's Word!

Sunday, April 26, 2020

Bible: 2 Corinthians 4:16-18

Understand: This is easily one of my favorite pieces of Holy Scripture, so profound, so edifying, so eternal! Whatever is happening around us and even to us should never cause us to lose heart. Outwardly, the temporary parts of this world including our physical bodies are wearing out. But our soul, the new creation part of us that is eternal, is growing and maturing every day. What we face in this life is "weightless affliction" when compared to the "heavy glory" that waits for us. Here we are facing temporary struggles that will bring us a tremendous and eternal glory much greater than our life's trouble. What we see with our eyes is temporary and the temporary is not worth our daily focus. As believers we look to the future God promises to His people throughout the Bible. We look and hold onto promises that haven't been seen yet but will be our future. So every day we are blessed to live let's pursue God, Christ, the Holy Spirit, and the souls of men!

Reason (Ask & Discuss):

- What do most of your thoughts revolve around, the physical or the spiritual, the temporal or the eternal?
- What are some promises God has made about your future that encourage you?

Pray: LORD God, It is not always easy to keep our future with you in view. Things we face and endure in this world are hard, suffering is all too real in our lives. Strengthen us to go through life with eternity in mind. We hold on to your promises today! The hardships of life are for a

moment but they are working out for each of us a far better and everlasting future. In Jesus's name we pray. Amen (Bobby Alexander)

Monday, April 27, 2020

Bible: Ephesians 4:30

Understand: Our 2 ½ year old clothes dryer has been messing up for months. I had a hunch that the problem might be the power source, but surprisingly the dryer would always start working again. It was so frustrating because it seemed to glitch just when we NEEDED clothes. (Don't you love it when you have to wear clothes that you should given away? Clothes that still fit but are not flattering?) Just this week, the dryer finally just died, it just stopped working, so we finally decided to just invest the repair money into a new one. The old one was taken out, and the new one was plugged in. Guess what? The new dryer did not work either. This told us that there was a problem with the power source. We called an electrician and he found out that the outlet in the laundry room has gone bad because of a major problem in the breaker box –we will call it a “loose connection.” He fixed both problems, and we found out that the old dryer still worked. The problem was never the dryer but a “loose connection” with the power source. When the “loose connection” was fixed, not only did the dryer work, but the washer worked better too.

Reason (Ask & Discuss):

- “Grieving the Holy Spirit” means you are “hurting” the Holy Spirit, hindering Him from working in your life. What are some ways you tend to grieve the Holy Spirit? (Hint: Look at the verses surrounding Ephesians 4:30)
- What are some things you can do to prevent a “loose connection” with Him in the future?

Pray: Dear God, Please forgive me for thinking I can power my life in my own source. Please help me to remember I must be tightly connected to You through Your Word and prayer. Please help me not to grieve the Holy Spirit but to walk daily with You. Help me to grow in your power and strength. Thank you for being LORD and Savior of my life and not leaving me where I am. Thank you for helping me grow in You. In Jesus' Name, Amen. (Jenny Stewart Evans)

Tuesday, April 28, 2020

Bible: Deuteronomy 32:3-4

Understand: These scriptures serve as a reminder and command to praise the greatness of our God! Too often we are caught up in the problems of life and take our eyes away from the power and strength of God. The imperfections take lead and our attention is consumed with the "what ifs" and worries of the world. It's too easy to complain and worry, but we should be reminded that God takes care of His people! His plans are perfect! Step back and think of His creation, including yourself, and remember that His ways are perfect and just. Let's praise the Lord today and every day!

Reason (Ask & Discuss):

- What worries are leading your life today?
- Have you taken your eyes off Christ?

- What has the Lord done in your life that deserves praise?
- How can we praise His name this week?

Pray: Lord, thank you today for the storms of life as well as the peaceful moments. We know that your plans are deserving of our praise, not our complaints and worries. God help us to focus our attention on you and recognize your greatness this week. Amen. (Jae Glass)

Wednesday, April 29, 2020

Bible: Psalm 92:1-5

Psalm 96:2, "Sing to the LORD, praise his name; proclaim his salvation day after day." (NIV)

Psalm 96:4a, "For great is the LORD and most worthy of praise." (NIV)

Psalm 150:6, "Let everything that has breath praise the LORD. Praise the LORD." (NIV)

Understand: As the hymn says, "Praise Him! Praise Him! Jesus, Our Blessed Redeemer!" **Praise** brings **God** into the scene. **Praise** dissolves worry, and concern and fear deteriorate when **praise** is present. **Praise** eliminates sadness and magnifies goodness. **Praise** Him in all things! Of course, we want to praise Him for our jobs and our health, but have you thought about praising God for the kind cashier at the store or person that called to check on you last week? By praising God for the little things in your day-to-day experiences, your focus shifts to God instead of the worries and concerns of this world.

Reason (Ask & Discuss):

- Have you taken time to praise Him for the small blessings in life?
- Keep a journal or a list of the little blessings God is sending your way! Praise Him!

Pray: God, thank you for the blessings. Both big and small in size, the blessings all come from you, and we praise you today for them all! Lord, show us the small things this week. Remind us of the little things in life that you are sending our way. We praise you always! Amen. (Jae Glass)

Thursday, April 30, 2020

Bible: Luke 10:38-42

Understand: Do you ever talk TO someone but not WITH them? You are physically present and mentally logging a detail here and there but not really fully engaged. (Please no visible eye contact with your spouse at this point.) That is pretty much where Jesus meets Martha in this situation. "Martha, Martha, "Mary has chosen what is better, and it will not be taken away from her." Ouch, did that seem a little personal? Not just as in, Jesus was answering Mary's underlying busyness, but maybe ours as well. Martha was missing the chance to sit at the feet of the Messiah! She was distracted by busy work and focusing her attention on other things that were unnecessary. Remember it is better to give our full attention when in the presence of the Lord, whether personally as Mary was or when reading the Word of God as we do now. When we completely engage it provides us with the best opportunity to fully understand and incorporate the wisdom from scripture into our beliefs and actions!

Reason (Ask & Discuss):

- When you have the chance to sit at the feet of the Messiah are you fully engaged?
- Are there distractions during your devotional time? If so, can you identify them and work on removing them?
- Are your times in Scripture reading, prayer, and meditation beneficial?

Pray: Father, help us to identify any unnecessary busyness that is distracting us from hearing You. We don't want to miss the "words of life" for a cheap and inadequate substitute. Reveal to us the things that matter most to You. Protect our quiet times and lead us to fully engage ourselves as we seek to learn from You. We don't want our time with you to be something we check off a list but rather a time we fellowship with you. Make our time with you meaningful! In Jesus's name we pray. Amen (Bobby Alexander)

Friday, May 01, 2020**Bible: Psalm 3:1-8**

Understand: As a loving father, God chastens or disciplines His children, to teach them obedience and life. David experienced severe discipline from God as a result of his great sins of adultery and murder. He lost an infant son. One of his older sons, Absalom, murdered his own brother, Amnon, another of David's sons. And then Absalom assembled an army and came after David to kill him! God brought great tragedy to David's house and turned his own son against him. Comparatively, that makes Coronavirus seem like a sniffle. Comparatively. What a living nightmare David experienced! Yet as bad as it was, David still had enormous faith in God. He knew that whether he lived or died, his life was in God's hands.

Reason (Ask and Discuss):

- In verse 3, David calls God "the One who lifts my head high," meaning the One who gives him confidence. What are some ways God has given you confidence or reassured you during the Coronavirus crisis?
- In verse 7, David gives an emotional plea to God –to take out his enemies. He was hurting and in pain. One of the reasons I love the Psalms so much is they help us process our emotions with the Lord. How does reading David's emotional plea to God help or encourage you?
- Prayers for deliverance are a major theme in the Psalms. What do you need to pray for God to deliver you and your loved ones from right now?

Pray: Father, thank You for the example of David's faith in the midst of an overwhelming situation. Thank You for being the One who lifts my/our head high. Thank You for being my deliverer, and I pray You would deliver me even now from _____. Thank You for all the ways You bless me. In Jesus' name, Amen. (Boyd Evans)