

SO SEND I YOU, INC. 2024 LENTEN DEVOTIONAL

Saint John Baptist Church is inviting you to a scheduled Zoom meeting.

Topic: 2024 LENTEN DEVOTIONAL

Time: Feb 27, 2024 06:00 PM Eastern Time (US and Canada)

Every day, until Mar 31, 2024

Join Zoom Meeting

<https://us06web.zoom.us/j/82089300351?pwd=qdHdd5LGaTRWPhJCRgOxsK6bL2Fnji.1>

Meeting ID: 820 8930 0351

Passcode: 628471

Dial by your location

- **+1 312 626 6799 US (Chicago)**
- **+1 646 558 8656 US (New York)**

DAY 12 TUESDAY, FEBRUARY 27, 2024

CULTIVATING AN EXCELLENT SPIRIT

Rev. Brandle C. Morrow

Daniel 5:27 Tekel: You have been weighed on the scales and found wanting.

The prophet Daniel is a prototype towards cultivating an excellent spirit. Abounding in this prophetic book is the refrain “an excellent spirit was in him.” The word “excellent” means, properly, that which hangs over, or which is abundant, or more than enough, and then anything that is very great, pre-eminent. Contextually, it was not exclusively the excellent spirit residing in Daniel that distinguished him from others, it was also his divine custom to nourish his spirit by resisting cultural assimilation. He did not integrate into the impious, irreligious ethics of his day. His dietary patterns, and fidelity to the Most-High God, merited the particularization as an extraordinary spirit.

Daniel interpreted the writing on the wall, initiated by God, for King Belshazzar during an uncivilized, idolatrous gathering. He properly discerned the meaning of the epigraph because of his knowledge and insight. Ironically, the inscription condemned Belshazzar’s deficient, imbalanced “weight” reading. Who better to inform the king of his “weight deficiencies” than Daniel who ate wisely? Of course, this is not an issue of “physical weight,” but a deprivation in sacred matters. Daniel persistently nourished himself with the sacred things of God. It begs the question, what are you eating? Or

what/who is your primary influence? Belshazzar's father, along with a temerarious lifestyle, negatively influenced his leadership, while Daniel allowed God to stimulate his thoughts and practice. Jesus said, "Man shall not live on bread alone, but on every word that comes from the mouth of God" (Matthew 4:4).

The Lenten season is a favorable time to evaluate your spiritual habits. How does your spiritual scale read? Insufficient like Belshazzar? Jesus said, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty" (John 6:35). Indulge in the bread of life, God will equip you to discern Him distinctly. Daniel cultivated the excellent spirit within him through a committed devotional lifestyle. Aristotelian philosophy suggests, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Prayer:

God, inspire me to cultivate an excellent spirit. In Jesus' Name. Amen.