



8 DAY DEVOTIONAL  
& JOURNAL

# RISE HEART!

AN INVITATION TO  
RESURRECTION  
LIFE



LINDSEY GALLANT



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"Easter" by George Herbert (Public Domain)

Excerpt from "Rejoice, the Lord is King!" by Charles Wesley (Public Domain)

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# AN INVITATION TO RESURRECTION LIFE

Rise, heart! What does it mean to live in the light of the resurrection of Jesus, after Easter morning has passed?

What kind of life does our living Saviour call us to? How do we live *risen*?

Easter is often celebrated for an "octave," that is, eight days. This 8-day devotional can be used at Eastertime, or any time, because the reality of the resurrection is for *all our days*.

For an octave of joy, turn your eyes to the Scriptures, and catch a glimpse of this resurrection life. Get caught up in the movement toward the heart of God, and learn to live with His face shining upon you.

This devotional will guide you through five simple movements each day, with space to journal your reflections and prayers:

- Posture
- Passage
- Presence
- Praise
- Purpose

It is my prayer that you will find gracious peace, deep joy, and abundant love in the presence of the risen Jesus.

"Lift up your heart,  
Lift up your voice!  
Rejoice, again I say, rejoice!"

~ Lindsey Gallant

(I've also included a favourite poem of mine -  
"Easter" by George Herbert. Enjoy!)

Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

Romans 6:4 (KJV)







# " E A S T E R "

GEORGE HERBERT

Rise heart; thy Lord is risen. Sing his praise  
Without delays,  
Who takes thee by the hand, that thou likewise  
With him mayst rise:  
That, as his death calcined thee to dust,  
His life may make thee gold, and much more, just.


Awake, my lute, and struggle for thy part  
With all thy art.  
The crosse taught all wood to resound his name,  
Who bore the same.  
His stretched sinews taught all strings, what key  
Is best to celebrate this most high day.

Consort both heart and lute, and twist a song  
Pleasant and long:  
Or, since all musick is but three parts vied  
And multiplied,  
O let thy blessed Spirit bear a part,  
And make up our defects with his sweet art.

I got me flowers to straw thy way;  
I got me boughs off many a tree:  
But thou wast up by break of day,  
And brought'st thy sweets along with thee.

The Sunne arising in the East,  
Though he give light, & th' East perfume;  
If they should offer to contest  
With thy arising, they presume.

Can there be any day but this,  
Though many sunnes to shine endeavour?  
We count three hundred, but we misse:  
There is but one, and that one ever.





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# USING THIS DEVOTIONAL

## 1 . POSTURE

As you begin each day, lift your heart to the Lord, knowing His face is turned toward you, and His invitation is for *life*.

Consider beginning with a posture that is raised to God - eyes or head raised up, hands or arms lifted.

Lift your voice:

"Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul."  
(Psalm 86:4 NASB)

"Lift up the light of Your countenance upon us,  
O LORD! You have put gladness in my heart."  
(Psalm 4:6b-7a NASB)

## 2 . PASSAGE

As you read each passage, read meditatively, asking the Holy Spirit to illuminate His Word to you.

Read slowly. (Read aloud, if possible, paying attention to each word.)

Read repetitively. (Read the passage again, noting what stands out on a second look.)

Read immersively. (Picture yourself in the scene, engaging your senses.)

As you read, consider these questions:

What am I being raised from?

What am I being raised toward?

Journal suggestions:

Write the passage, or part of the passage, out by hand.

Write what you notice, connect with, or have a question about.

Write a response to God based on the passage.

## 3 . PRESENCE

Pause and experience the presence of the risen Christ with you.

Let Him speak to your heart, or simply *enjoy* His presence in silence.

## 4 . PRAISE

Give voice to your praise! Spend a few moments speaking or writing your praise or gratitude to God.

Lift your voice:

"Because thy lovingkindness is better than life, my lips shall praise thee.

Thus will I bless thee while I live: I will lift up my hands in thy name."

Psalm 63:3-4 (KJV)

## 5 . PURPOSE

Ask God to help you *see* and *live* this resurrection reality today.

Lift your voice:

"I have been raised with you, Christ. I will keep seeking you."

(From Colossians 3:1)

## JOURNAL

A journal page is provided for each day to write out your reflections and prayers.





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# DAY 1

## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Ephesians 2:1-7

Ephesians 5:14

Romans 8:10-11

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.









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# DAY 2

## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Isaiah 60:1-5

Colossians 1:13-14

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience the presence of the risen  
Christ with you.*

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.



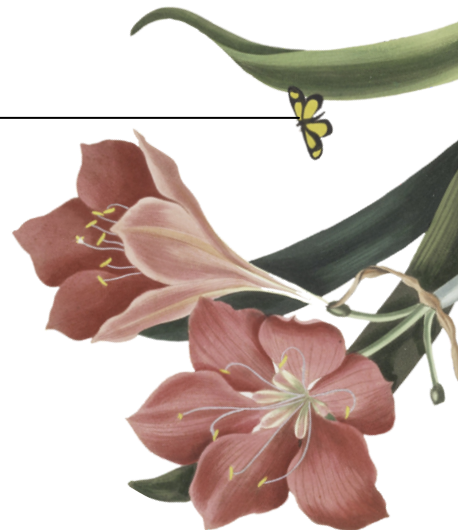






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# DAY 3



## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Luke 13:10-17

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.







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# DAY 4

## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

John 8:I-II

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.



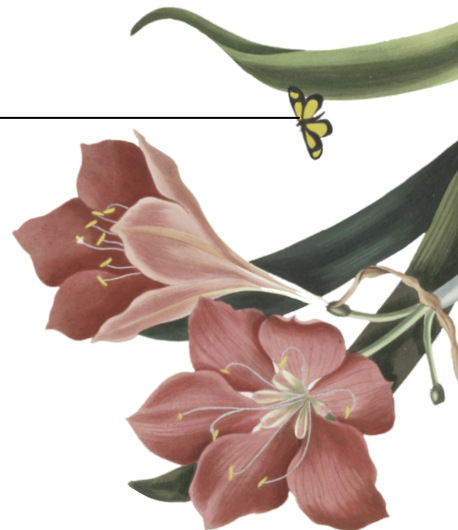






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# DAY 5



## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Psalm 34:-1-8

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.







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# DAY 6

## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Psalm 3

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.









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# DAY 7

## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Isaiah 40:26-31

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

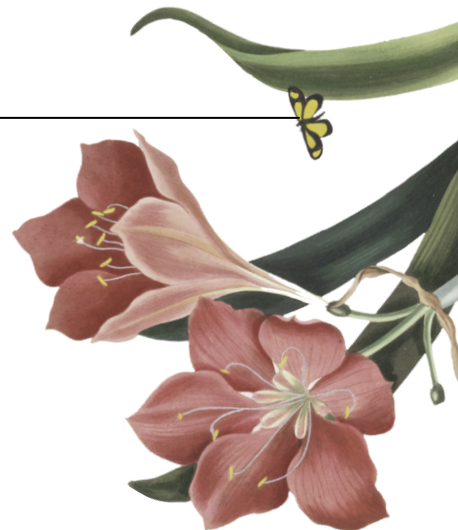
*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.









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# DAY 8



## 1 . P O S T U R E

*Lift your eyes, head, arms, or hands.*

*Lift your voice:*

Make glad the soul of your servant,  
For to you, O Lord, I lift up my soul.

Lift up the light of Your countenance upon us,  
O LORD!  
You have put gladness in my heart.

## 2 . P A S S A G E

*Read:*

Song of Solomon 2:8-13

*Consider:*

What am I being raised from?  
What am I being raised toward?

*Journal*

## 3 . P R E S E N C E

*Pause and experience* the presence of the risen  
Christ with you.

Let Him speak to your heart, or simply *enjoy*  
His presence in silence.

## 4 . P R A I S E

*Lift your voice:*

Because thy lovingkindness is better than life,  
my lips shall praise thee.  
Thus will I bless thee while I live:  
I will lift up my hands in thy name.

*Spend a few moments speaking or writing your  
praise or gratitude to God.*

## 5 . P U R P O S E

*Lift your voice:*

Living God, help me see and live your  
resurrection reality today.

I have been raised with you, Christ. I will keep  
seeking you.







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The Lord bless thee, and keep thee:  
The Lord make his face shine upon thee, and be gracious unto thee:  
The Lord lift up his countenance upon thee, and give thee peace.  
Numbers 6:24-26

