

## Daily Reflection on Scripture Week of November 13



*It was still the first day of the week. That evening, while the disciples were behind closed doors because they were afraid of the Jewish authorities, Jesus came and stood among them. He said, "Peace be with you." After he said this, he showed them his hands and his side. When the disciples saw the Lord, they were filled with joy. Jesus said to them again, "Peace be with you. As the Father sent me, so I am sending you." Then he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, they are forgiven; if you don't forgive them, they aren't forgiven."* *John 20:19-23*

If you would like to receive the Sacred Pause on your phone, text "crossroads" to 41411.

### **Sunday November 13, 2016**

*John 14:27 Peace I leave with you. My peace I give you. I give to you not as the world gives. Don't be troubled or afraid.*

**Reflection:** The peace Jesus offers is the kind that builds thriving and safe communities that include people from all backgrounds. When that happens there is little if anything to be afraid of because you know each other and you honor one another's sacred story. That makes for real peace, the kind Jesus gave his life for, offers to all and calls his followers to establish this kind of peace in our neighborhoods and nation.

**Sacred Pause:** Note anything that is making you feel anxious or afraid. Now note something that brings you joy. Both are real. Now choose which one gets your attention today.

### **Monday November 14, 2016**

*John 20:22 Then he (Jesus) breathed on them (The disciples) and said, "Receive the Holy Spirit."*

**Reflection:** Wherever you are you have the Holy Spirit to comfort and guide you. The breath that Jesus breathed on the disciples is the same breath God breathed into creation. It is the same breath you are breathing in and out right now. In this moment and in all moments to come God, through the Holy Spirit, is as close as your breath.

**Sacred Pause:** In this moment notice your breath. Take a deep breath in and then slowly release your breath. This is how close God is to you in every moment of your day.

### **Tuesday November 15, 2016**

*Psalms 118:6 The LORD is for me—I won't be afraid. What can anyone do to me?*

**Reflection:** To say, "I am not afraid" is sometimes just not true. We all experience fear. Sometimes we need to be afraid. And whenever we are afraid we don't need to be afraid to say it. So this scripture is not to shame us when we are afraid, it is to remind us that we don't have to stay locked up in our fears. The Lord is with us when we are afraid. The Lord is with us to help us overcome our fears so that we can eventually say I am no longer afraid.

**Sacred Pause:** How are you feeling in this moment? Are you ruminating on negativity? Say these words, "Greater is God's love within me than the negativity I see in the world."

### **Wednesday November 16, 2016**

*Job 8:21 He will once again fill your mouth with laughter and your lips with shouts of joy.*

**Reflection:** In really hard times President Kennedy turned to this saying; it is a good one for all of us at this time in our history: *“There are three things that are real: God, human folly and laughter. The first two are beyond our comprehension, so we must do what we can with the third.” It is hard to be fearful while laughing. Who would have ever thought that laughter might a great spiritual practice for all of us during the days ahead? Not laughing at anyone, but laughing with one another about our human folly and then laughing with joy about God being with us through it all. So today fill your mouth with laughter and your lips with shouts of joy.*

**Sacred Pause:** Laughter is a great spiritual practice. Laughter doesn't solve our problems, but it can sure lighten our load for a while. Laughter is God's gift for you today.

### **Thursday November 17, 2016**

*1 Peter 3:13-14 Who will harm you if you are zealous for good? But happy are you, even if you suffer because of righteousness! Don't be terrified or upset by them.*

**Reflection:** Here is what John Wesley, the founder of Methodism, said, “Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” Every little act of goodness transforms us and the world around us. “Be zealous for good.”

**Sacred Pause:** “Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can...”

### **Friday November 18, 2016**

*1 John 4:18 There is no fear in love, but perfect love drives out fear, because fear expects punishment. The person who is afraid has not been made perfect in love.*

**Reflection:** Some people lead with fear and others lead with love. Jesus chose the way of love to lead the greatest revolution in human history. That revolution is still alive and continues to drive out fear with the love of God as first seen fully in Jesus, and now in us. Love drives out fear. Chose love as your way of being and doing today.

**Sacred Pause:** Both fear and love reside in us. The one we feed is the one that grows. Chose to feed love today and watch it grow in and around you.

### **Saturday November 19, 2016**

*1 Timothy 1 God gave us his Spirit. And the Spirit doesn't make us weak and fearful. Instead, the Spirit gives us power and love.*

**Reflection:** Fear weakens us. Love empowers us. Fear drains our emotional, physical and spiritual energy. Love gives us renewed energy and hope. The Spirit of God is not of fear but of love. There are great reasons for us to be afraid these days, yet there are even greater reasons for us to choose love in the midst of our fears. Love, the kind of love Jesus gave, leads us to peace while still having to live with fear.

**Sacred Pause:** Compassion, forgiveness, service and wisdom are the elements of God's love. Which one do you need to give more of your attention? Ask God to help you.