

Daily Reflection on Scripture Week of November 20



Rejoice always. Pray continually. Give thanks in every situation because this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

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

Sunday, November 20, 2016

1 Chronicles 16:34 O give thanks to the Lord, for he is good; for his steadfast love endures forever.

Reflection: Gratitude is about seeing the blessings in our lives through the lens of God's love for us. The people we love, the experiences that mature us, the daily provisions of food and drink that sustain our lives, these are not accidental circumstances – they are gifts. Our job as human beings is to give thanks for these blessings and make sure everyone has a share in the gifts God has given us.

Sacred Pause: Author Anne Lamott says all prayers fit into one of three categories: help, thanks, and wow! Today, lift up your "thanks!" to God as a Wow!

Monday, November 21, 2016

Psalms 9:1 I will give thanks to the Lord with my whole heart; I will tell of all your wonderful deeds.

Reflection: There is a Thanksgiving tradition, where each person around the table shares one thing they are grateful for as a way to celebrate and bless the meal. Psalm 9 encourages us to share these moments with each other on a regular basis. This year, consider adding this practice to your Thanksgiving tradition in the hope that God will stir you to proclaim what you are thankful for every day.

Sacred pause: When was the last time you affirmed someone? Decide today that you will affirm at least one person, in word or deed, as sign of your gratitude for them.

Tuesday November 22, 2016

Psalms 107:1 O give thanks to the Lord, for he is good; for his steadfast love endures forever.

Reflection: When our lives are troubled by stress, fear, and every other kind of unpleasantness, we reach out for something steady to hold on to. Why? Because change is inevitable; opinions change, relationships change, and people change. When this happens it can feel like the very dirt beneath our feet is shaking. There is nothing inherently wrong with the dynamic nature of life, it is just the way of things. But in the midst of life's chaos, the author of Psalms declares that one thing remains steady, and that is the love of God. When the ground beneath you begins to quake hold fast to this promise and give thanks.

Sacred Pause: God asks us to be still. Stillness and silence are vital to our wellbeing. Take a moment to be still and quiet. Breathe in and out God's rest and peace for you.

Wednesday, November 23, 2016

1 Thessalonians 5:18 "...give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

Reflection: These words are often misinterpreted as: be happy and obedient even when the worst has happened. This reading is not only incorrect, it is harmful. Paul, the author of Thessalonians, went through

many trials during his years as a missionary of the gospel. He was beaten, thrown off cliffs, starved and jailed. He didn't glory in his suffering, he gloried in God and the mission God had given him. He knew suffering was part of what it took to carry out this divine call. Therefore, he decided to place his suffering before God in the hope that God would redeem it. Is there something that needs to be redeemed in your life so that you can be thankful?

Sacred Pause: In everything that happens there is still something for which you can be thankful. In this moment think of something that makes you grateful.

Thursday, November 24, 2016

Psalm 118:24 This is the day that the Lord has made; let us rejoice and be glad in it.

Reflection: The United Methodist Book of worship has an order for daily prayer and praise that includes these words: New every morning is your love, Great God of light and all day long you are working for good in the world. Stir up in us desire to serve you, to live peacefully with our neighbors, and to devote each day to your Son, our Savior, Jesus Christ the Lord. Amen. On this Day of Thanks let these words be your prayer. Allow them to sink into your soul with gratitude.

Sacred Pause: This day of thanks is a day the Lord has made. Rejoice, give thanks continually, be glad in just this day. Allow the day to flow into tomorrow and beyond.

Friday, November 25, 2016

Philippians 1:3-4 I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you.

Reflection: Prayer is an integral part of Christian community. It is a river of love that flows beneath the bedrock of our communal lives, connecting and sustaining all who drink from it. A faith community that does not pray for each other is a community that has lost its way. Paul's words to the Philippians invite us to give thanks for our brothers and sisters whenever we think of them because they are gifts from God.

Sacred Pause: For whom are you thankful in your life. One way to thank God for them is by reaching out to them to let them know how much you cherish their friendship.

Saturday, November 26, 2016

II Corinthians 9:15 Thank God for his gift that words can't describe!

Reflection: What is God's gift that is too wonderful to describe? Isn't it the amazing way that God loves without conditions? In spite of anything we do or don't do God's love remains the same. And Jesus shows how this indescribable love comes to life in our everyday lives. Jesus is God's love with skin on and Jesus calls us to be the same in the greatest of commandment – Love God, Love others and Love yourself. Today find ways to give thanks to God for this amazing gift of love that holds us together even in these uncertain times.

Sacred Pause: The unconditional love of God is the most amazing gift. Receive God's love for you, share that love with others and be thankful for this indescribable gift.