

Daily Reflection on Scripture Week of December 18 The Shepherds' Invitation



This week we will focus on the practice of daily prayer. Each day you will read a prayer that deals with a concern for that day. As you pray these prayers you may want to personalize them with the names of people that you know or you might need to include yourself in the prayer. May these prayers help to prepare you for the coming of Christ in your heart, your home and in all parts of the world. Joy to the world, the Lord has come!

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

Sunday, December 18, 2016

Reflection: Sunday, the appointed day for Sabbath and yet how can I rest with so much to do before Christmas? While still keeping my normal busy routine I have shopping, wrapping, planning and decorating to do. Help me I pray to find short periods of time to be in the moment; to enjoy the moment; to seize the moment as if it were my last. Help me to remember that while this week is about all the things I have to do, more importantly it is about the birth of Jesus. May the love that Jesus has for all people be birthed in me today. May I love others - family, strangers, friends and even those who may be rude to me, in the same way that Jesus loves me. As I love others may I discover a deeper rest in my soul. Amen.

Sacred Pause: On this Sabbath day find some moments to be still, to be quiet, and like Mary, ponder the beauty of this season in your heart.

Monday, December 19, 2016

Reflection: Today I pray for all those who in these days before Christmas have heavy hearts. The joy of the season is just not here for them. Some are without a loved one for the first time this year. Some are away from home. Some are dealing with a serious illness. Some are overburdened with financial stresses. Help me to be sensitive to those for whom Christmas is challenging. Because I may not know whether a person is struggling or not, may I remember to be kind to everyone I meet today because everyone is carrying a burden. May I be the presence of Jesus' unlimited welcome today. Amen.

Sacred Pause: Be kind to everyone you meet today. For some people this is a very difficult season. Be sensitive to what others might be feeling.

Tuesday, December 20, 2016

Reflection: Today I pray admitting that there are times when I feel afraid. The Christmas story tells of the angel's visit to the shepherds saying, "Do not be afraid". Yet the daily news scares me. Will there ever be peace on Earth? In my fears help me to remember that Jesus was born into a very volatile world as the Prince of Peace. Although his birth did not stop the chaos it did bring a renewed hope to those who paid attention to his birth. May I pay attention to his birth today and find a renewed hope. Give to me an inner peace that can hold me up when so much in our world is falling down. Today may I bring a tiny bit of peace to the world by doing a loving act for another. May I, like Jesus, bring peace to my little part of the world by offering an unlimited welcome to all. Amen.

Sacred Pause: Today bring some hope to yourself and the world by doing a loving act for another. Like Jesus bring peace wherever you are.

Wednesday, December 21, 2016

Reflection: Today I pray for all those who are travelling or preparing to travel to be with friends and/or family for Christmas. Just as Mary and Joseph had to make the long and challenging journey to Bethlehem so are our travels often long and challenging. And yet at the end of their journey, new life, renewed hope, the gift of salvation was born in their hearts. May this be true for all who travel to celebrate the love, joy, peace and hope of Christmas with friends and/or family. Amen.

Sacred Pause: Life is a journey that is long and hard. As you travel your road today know that Jesus also walked a long and hard path. He is with you.

Thursday, December 22, 2016

Reflection: Today I am praying for those who will be separated from their families. I am thinking of the elderly in nursing homes, men and women incarcerated, military personnel around the world, students at universities and colleges and those who are in hospitals. May these people have a sense of your peace on Christmas. Even though I cannot physically go to visit I am trusting that my prayers of love will visit them and somehow through another person may they experience the unconditional love that Jesus brings to all people. Amen.

Sacred Pause: Remember to think of someone today who will not be with family or friends for Christmas. Hold them in your heart with loving prayer.

Friday, December 23, 2016

Reflection: Today I pray knowing that Christmas is just around the corner and that I need help to remember that Christmas is more than just a holiday that comes and goes. May I see that Christmas is a reminder that every day is pregnant with the love of Jesus. Every day is pregnant with new possibilities. Every day is pregnant with the gift of God's salvation for the world. In all that I have to do today help me to be joyful. Help me to give thanks for all the good tidings of great joy I have experienced in this season. Forgive me when I have grumbled and complained about the busyness of the season. Day by day Jesus grew in the ways of God. On this day and all the days to come help me to grow in your ways as well. Thank you for coming to love us. Thank you for Jesus who shows us the way to live every day. Amen.

Sacred Pause: Don't let last minute pressures rob you of the joy of Christmas. Take a deep breath. Remember that Christmas is about peace not pressure.

Saturday, December 24, 2016

Reflection: As I pray on this Christmas Eve in my mind I have an ideal picture of what tonight and tomorrow are supposed to be like. In these next moments when things are anything but ideal help me to remember the way that Jesus was born – in a stable with animals, stinky smells and a bed of straw – anything but ideal. Help me to move beyond the picture perfect Christmas and realize that the real beauty of Christmas is seeing Christ born into the messes of the world. Help me to experience his birth in all that is not ideal today and tomorrow. Help me to have patience with others. Help me to know that meal does not have to be perfect. Remind me that even the best of families and friends still have their differences. Most important of all, help me to choose to not allow anything to rob me of the gift of these next few hours – for the savior of the world was born and is still being born in every moment of these days. Amen.

Sacred Pause: As you finish last minute details, remember that not everything has to be perfect. Jesus was born in a very imperfect world bringing peace.

REMEMBER TO WATCH CHRISTMAS DAY WORSHIP. YOU CAN WATCH IT ON THE GOTGO APP OR VIA OUR WEBSITE: EVERYDAYLIFEWITHGOD.ORG