

## Daily Reflection on Scripture Week of July 30 Life as Sacrament Week 1



Each day slowly read the scripture a couple of times. Close your eyes and be with it for a moment in silence. How did it speak to you?

### Sunday July 30

*1 Corinthians 3:16 Do you not know that you are God's temple and that God's spirit dwells in you?*

**Sacred Pause** – Every person you meet is precious and loved by God. Remember to treat yourself and others as the sacred beings we all are. That is living life as sacrament.

### Monday July 31

*2 Timothy 3:16-17 All scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the people of God may be competent, equipped for every good work.*

**Sacred Pause** – Living the ancient wisdom of Jesus prepares you to do good things in the world, contributing to the ongoing sacrament of life. Your daily work is a sacrament.

### Tuesday August 1

*Ephesians 4:1-5 I urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit – just as you were called to the one hope that belongs to your call – one Lord, one faith, one baptism.*

**Sacred Pause** – Each day brings opportunities to be your best self. Lean in to your Godly wisdom to experience more peace and joy. It will radiate out to the world around you.

### Wednesday August 2

*Acts 2:42 And they devoted themselves to the apostle's teaching and the fellowship, to the breaking of bread and the prayers.*

**Sacred Pause** – Caring for yourself, body and spirit, is sacramental work. God wants the best for you. Live into that legacy. Honor your body as the temple of God's spirit.

### Thursday August 3

*Mark 10:14 But when Jesus saw it, he was indignant and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God.*

**Sacred Pause** – Joy and wonder are natural qualities of children. Jesus honored this state of being. Reconnecting with your inner child is a pathway to sacramental living.

### Friday August 4

*Galatians 3:28 There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.*

**Sacred Pause** - All people are equally precious in God's eyes. Viewing others and yourself in this way is a sacred act. Practice it daily to experience sacramental living.

**Saturday August 5**

*Ephesians 4:1-5 I beg you to live in a way that is worthy of people God has chosen to be his own. Always be humble and gentle. Patiently put up with each other and love each other. Try your best to let God's Spirit keep your hearts united. We have only one Lord, one faith, and one baptism... God work by using all of us, and lives in us all.*

**Sacred pause** – Practicing patience, humility and gentleness are powerful ways to experience life as a sacrament. The abundant flow of Spirit you send out will return to you.