

Sunday, March 25, 2018

Scripture: Hebrews 6:10 For God is not unfair. How can God forget your hard work for him, or forget the way you used to show your love for God —and still do—by helping his children?

Morning Prayer: God, this is the day you have given for new life to rise up within me. May I lay aside any negative thoughts that might rob me of joy. As I go about my day, may I have my eyes and ears open to see and hear how I might be of service to someone today. May I be a blessing through an act of kindness, a compassionate word, an offering of forgiveness or by lifting a hand to serve. In gratitude for the day, I want to show my love for you by serving someone in need. Give me the strength and wisdom to know how I might do this best. Amen.

Noontime Pause: Remember that whomever you are with, he or she is your neighbor ready to be served or to serve you. How have you served someone today? Has anyone served you?

Evening Prayer: God, the sun has set, the moon has risen. I lay my body, mind and soul down so I might rise up tomorrow to reflect the light of your love for self and others.

Monday, March 26, 2018

Scripture: Matthew 23:11-12 "Do you want to stand out? Then step down. Be a servant. If you puff yourself up, you'll get the wind knocked out of you. But if you're content to simply be yourself, your life will count for plenty."

Morning Prayer: God, thank you for the gift of sleep. Thank you for the gift of morning when everything is new. May I find contentment today in being who I am. May I be humble. May I be strong. May I remember that the highest achievement that I can attain today is going to come by serving someone in need. May I serve with a smile. May I serve with a gentle touch. May I serve with an act of kindness. May I rise up in body, mind and soul as I reach down to serve. Thank you for the opportunities that will come my way to bless and be blessed through acts of mercy. Amen.

Noontime Pause: Are you feeling low self-esteem, overwhelmed, under appreciated, or filled with pride? Find a way to serve someone and you will rise up in body, mind and soul.

Evening Prayer: God, I began the day with a prayer asking for help to serve others. I end the day with a prayer of gratitude for the blessings that have come through service.

Tuesday, March 27, 2018

Scripture: I Peter 4:10 Be quick to give a meal to the hungry, a bed to the homeless—cheerfully. Be generous with the different things God gave you, passing them around so all get in on it: if words, let it be God's words; if help, let it be God's hearty help.

Morning Prayer: God, I awake with an awareness of so many needs in the world. I have personal needs, family concerns, friends needing help, and the list continues. Yet I also awaken with the awareness of Your grace holding and surrounding me.

Tuesday, March 27, 2018 (continued)

Help me to rise above the heavy load of so many needs to trusting in Your grace. May my thoughts be loving, may my words be compassionate, may my actions bring hope to those who may feel hopeless. I arise to serve in the ways that Jesus served the needy and the broken in his day. Amen.

Noontime Pause: Pause for a moment to center yourself in God's unconditional love. Remember there is nothing that has the power to separate you from God's love. Nothing.

Evening Prayer: God, as night comes so quickly, there are still things left undone. Help me to release some of those things so that I can serve myself with a good night's rest.

Wednesday, March 28, 2018

Scripture: Hebrews 13:16 Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship—a different kind of "sacrifice"—that take place in kitchen and workplace and on the streets.

Morning Prayer: God, today is hump day. By Your grace I have made it this far. Instead of rejoicing that the week is half over, help me to rejoice in opportunities that are yet to come - opportunities to worship you with my acts of service in the kitchen, in the workplace, in the classroom or on the streets. Through it all may I work for the common good of all people. May I find pleasure in serving those who need some compassionate service. Amen.

Noontime Pause: All of your acts of service are acts of worship as well. The best way to love God is to show your love for others. May the rest of your day be worship full.

Evening Prayer: God, I have given myself in service to others at home, work, and the neighborhood. Now I am ready to be served with a night of rest in my body, mind and soul.

Thursday, March 29, 2018

Scripture: Matthew 5:42 If someone takes unfair advantage of you, use the occasion to practice the servant life. No more tit-for-tat stuff. Live generously.

Morning Prayer: God, good morning. Thank you for a night of rest. Although I have to say that sometimes the night feels too short. Sometimes I need more rest than time allows. Sometimes my mind is restless and keeps me from sleep. Regardless of how much or little sleep I was able to have; I still want to start the day off by saying good morning. I want to begin with positive thoughts so that I am able to move from this good morning into a good day. May I find some of that goodness through acts of service for others. Amen.

Noontime Pause: When you serve, some people will take advantage of you. You are not responsible for them. You are only responsible for what you give. So live generously.

Evening Prayer: God, I am ready to unwind in thought, to rest in body and to renew my soul with a night of sleep. Help me to release the day so I can embrace Your gift of rest.

Friday, March 30, 2018

Scripture: Proverbs 22:9 Generous hands are blessed hands because they give bread to the poor.

Morning Prayer: God, generous hands have blessed me this week. I have been generously served with love and compassion. I have tried to bless others with acts of service as well. May today be another day of giving and receiving blessings through acts of service. May the blessing of my hands be extended to anyone in need. For this is another day that you have given as a very special and blessed gift. May I honor You, others and myself by generously serving. Amen.

Noontime Pause: A smile. A kind word. A listening ear. Each one of these is a generous act of service. Smile, speak kindly, listen well and you will be blessed and a blessing.

Evening Prayer: God, thank you for the gift of evening rest. May I receive your compassionate love and may my mind be cleared of things that might keep me from resting well.

Saturday, March 31, 2018

Scripture: James 2:14-17 Dear friends, do you think you'll get anywhere in this if you learn all the right words but never do anything? Does merely talking about faith indicate that a person really has it? For instance, you come upon an old friend dressed in rags and half-starved and say, "Good morning, friend! Be clothed in Christ! Be filled with the Holy Spirit!" and walk off without providing so much as a coat or a cup of soup—where does that get you? Isn't it obvious that God-talk without God-acts is outrageous nonsense?

Morning Prayer: God, the sun has risen and it reminds me that tomorrow is Easter. May I rise up today to serve as Jesus served. May I rise up to love as Jesus loved. May I rise up to forgive as Jesus forgave. May I rise up in body, mind and soul, showing that Your love resurrects me to new life every day. Thank you for showing me the way to new life. May I live the blessing of Your gift of new life all day long. May this be a sign that every day is filled with Easter hope. Amen.

Noontime Pause: Practicing God's unconditional love is more important than saying you believe it to be true. Practice God's love with acts of love, and you will be blessed.

Evening Prayer: God, as I close my eyes to sleep, may I rise up on Easter morning with a renewed hope in my body, mind, and soul, knowing that nothing can keep Your love down.



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Daily Scriptures and Prayers Week of March 25, 2018



During the season of Lent, for 40-days we Christians focus more intensely on our journey to follow the ways of Jesus.

This Lenten Season we are focusing on how we might rise up in body, mind and soul. Each week we will gather on Sundays to be inspired with prayer, scripture, music and a message of unwavering hope.

During the next 40-days you can receive a morning email with a scripture verse and a morning prayer. If you do not already receive the daily scripture email, please go to crossroadsnova.org to sign up.

Each day at noon you can receive an inspirational text that will help you see God in the moment. To receive this transformational text, please text the word [crossroads](https://www.crossroadsnova.org) to phone number 41411.

Each evening you will receive a special evening prayer to help you rest on God's presence and peace before going to bed.

