

Monday, May 14, 2018

Scripture: Psalm 131: 1-2 LORD, my heart is not proud; my eyes are not haughty.

I don't concern myself with matters too great or too awesome for me to grasp.

Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

Morning Prayer: God, when I begin my day with thoughts and prayers on Your unconditional love for me and all people, it is like a baby being fed the perfect food from a mother. I pray for Your love to sustain me all day long. As I have been fed Your goodness and grace, may I also give goodness and grace to all I meet today. Amen.

Prayer For Generations to Come: God, I hold in my heart today the children and students in our community. I pray for them to find ways to know that You love them and that one of Your greatest desires is that they love themselves. Beyond just holding them in my heart with prayer, may I find ways to put my prayer into action. May I discover what it is that I can do with my hands to help them experience Your unconditional love and grace through me. May it be so.

Noontime Pause: At midday it is good to pause and see where you need God's comfort. Like a loving mother God is always ready to comfort you. Are you ready to receive it?

Evening Prayer: God of tender, mother like compassion, help me to slow down in my busy mind, my tired body, and my weary soul. May I feel Your motherly compassion comfort me.

Tuesday, May 15, 2018

Scripture: Isaiah 42:14 "For a long time I have held my peace...now I will cry out like a woman in labor."

Morning Prayer: God, thank you for giving birth and life to this new day. Birthing new things is seldom easy. Today, I will meet many challenges and some of them will seem overwhelming. And so I may need to cry out as a woman cries out in labor. If that happens, may I remember that pain is a part of giving birth. So even now, as the day begins, I ask for Your strength to both help and comfort me when I feel overwhelmed by the pressures of the day. You are a loving Mother who understands the many struggles that I will face, and so I begin my day by meditating and rejoicing in Your motherly love for me and in all those that I will meet today. May I be like a mother's love for others. Amen.

Prayer For Generations to Come: God, I pray for wisdom as to how I can be Your living and loving presence to the children and students in our community. My schedule is already full. So I ask for You to help me discern if there might be some things I need to let go, so that I can be present to our children and students. I know that they need me, and I know that I need them. May it be so.

Noontime Pause: Sometimes we don't have wisdom because we don't ask God for it. If you are in need of wisdom, ask God for it and then watch it unfold in the rest of the day.

Evening Prayer: God, all day long I have been busy doing many things. Now it is time to slow down and just be. May I be wise and do what is now best for my mind, body and soul.

Wednesday, May 16, 2018

Scripture: Isaiah 46:3 "Listen to me, O house of Jacob...who have been borne by me from before your birth, carried from the womb."

Morning Prayer: God, as the morning awakens me and everything around me, I give You thanks for birthing life in and around me in all its forms. Throughout the day may I remember that this is the day You have given to me as a gift. All I have is this day. So on this day I want to be wise as to how I live my life. I want to be fully alive; I want to feel, laugh, and cry. I want to be loved and be love to others. So as the morning dawns, I open my heart, mind and soul to Your wisdom and grace. Amen.

Prayer For Generations to Come: God, help our children, students, families, teachers and counselors live with godly wisdom today. Help me to see what my role is in sharing godly wisdom with children and students. Help me to not be afraid to get to know them. Help me to believe that I have something of great value to share with our youth. I need Your wisdom to know how best to share my life with young people. So help me God. May it be so.

Noontime Pause: From the rising of the sun to the noon time heat of the day, God's wisdom has been in you and all around you. God's wisdom is love for self and love for others.

Evening Prayer: God, I have tried to live this day as Your gift of time. Now it is time for me to rest from my work. Help me to be so wise. Help me to slow down and rest.

Thursday, May 17, 2018

Scripture: Deuteronomy 32:18 "You were unmindful of the Rock that bore you, and you forgot the God who gave you birth."

Morning Prayer: God, today is the first day of the rest of my life. Throughout the day may I remember that You are the giver of life. May I remember that my life is most fulfilled when I live it by Your divine wisdom. A wisdom that leads me to being present to those I am with today. From family, to work, to school, to the neighborhood, help me to be present, if only with a smile to those I meet. You gave me life and now as a living prayer of gratitude I want to be a gift of life to others. So help me God. Amen.

Prayer For Generations to Come: God, the church has so much godly wisdom to give to families and communities. And yet at the same time I see how the church is losing its foothold in society and my heart is sad. Instead of blaming younger generations for not showing up, I ask myself why I am not showing up to share Your wisdom with our children and students. Give me wisdom to know the reasons. May it be so.

Noontime Pause: God's wisdom has existed from before time began. And in this moment God's timeless wisdom lives in you. Go inside and access it. Let God's wisdom guide you on.

Evening Prayer: God, I have taken my day very seriously. Now, may I be wise and take tonight's rest just as seriously. May I rest well to rise up with strength for tomorrow.

Friday, May 18, 2018

Scripture: Isaiah 49:15 "Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you."

Morning Prayer: God, today is full of Your splendor. May I be wise enough to not book my day with so many things, leaving no time to notice and appreciate the splendor of Your wisdom that can be seen in creation all around me. Years ago You gave me birth. In all these years You have never forgotten me. May I be so wise as to not forget You today. May I be so wise as to see Your love holding this day together. May I live today with an awareness of Your divine wisdom. Amen.

Prayer For Generations to Come: God, sometimes the truth is my life is just too busy. I am too busy to make time to be with others. I am too busy to find time to pause and pray for Your godly wisdom to guide me. Today, in this moment I pause to ask You to help me find ways to be more present to the children and youth in our community. More than just a momentary pause today, may I be so wise as to pray for our children and youth daily. May I find ways to turn my pauses into actions. May it be so.

Noontime Pause: In the middle of the day, regardless of what has happened, God is holding you with compassion. God's wisdom leads to self-compassion. Be wise. Love yourself.

Evening Prayer: God, as the day comes to a close I open my heart to receive Your divine wisdom. May I be wise to know how important a night's rest is to my body, mind and soul.

Saturday, May 19, 2018

Scripture: Luke 13:34 "...how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!"

Morning Prayer: God, as I go about my tasks today, may I be wise and remember that I am not a human-doing but a human-being. With all I have to do may I find some time to just be. Today's scripture says that You long to gather me under Your wings like a hen gathers chicks under her wings. Unlike the people in Jesus' day who were unwilling for that to happen, may I be willing to receive Your nurturing love, all day long. Thank you for loving me in such tender ways. Amen.

Prayer For Generations to Come: God, today I think of all the activities that our children and youth will participate in. From soccer and baseball fields, to stages of performance, young people will be giving their best. At the same time, I also think of tomorrow when our children and youth will gather for Sunday School. Just as young people need coaches today, so do they need mentors tomorrow. Help me to see if there is some way for me to help. May it be so.

Noontime Pause: In all you do today know that God's wisdom is in all things. God's wisdom is revealed in compassion, forgiveness and service. May God's wisdom be seen in you.

Evening Prayer: God, today has been another busy day. Now, I am ready to lay my body, mind and soul down for rest. Thank you for Your wisdom that guides me both day and night.



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Daily Scriptures and Prayers Week of May 13, 2018



To receive the daily scripture email in the morning with a scripture verse and a morning prayer, please go to crossroadsnova.org to sign up.

Each day at noon we send out an inspirational text that helps us see God in the moment. Each evening we send a special evening prayer by text to help us rest on God's presence and peace before going to bed.

To receive these transformational texts, please text the word Crossroads to phone number 41411.

Sunday, May 13, 2018

Scripture: Isaiah 66:13 "As one whom his mother comforts, so I will comfort you."

Morning Prayer: God, on this Mother's Day when we honor women, I begin with a word of gratitude for the comforting words and the positive presence of those women who have helped to shape me into the person that I am today. In their unconditional love for me, the sacrifices they have made on my behalf, through their ongoing support and with their words of encouragement, I have seen Your unconditional love come alive in me. Thank you for revealing Your love to me through them. May I show others the same kind of love that they have shown me. Amen.

Prayer For Generations to Come: God, on this Mother's Day may we help our girls in particular know how precious and special they are. May we help them to grow in Your wisdom. May we help them to be bold and never forget who they are. They are Your daughters, and we are their mentors to help them never forget their truest identity. May it be so.

Noontime Pause: When you see God in only one way, you miss other ways to experience the love and compassion that God has to offer. God is bigger than just one way of being.

Evening Prayer: God, as evening comes so do the thoughts about tomorrow. So I take a breath and ask that You help to comfort me as a loving mother comforts her child.

