

**Daily Reflection on Scripture**  
**Week of June 24**  
**Summer Blessing**



**Sunday June 24**

*Matthew 6:26-33 excerpts - Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds... walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? ...What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving.*

**Morning Prayer:** God this is a good morning. As the sun rises so do the birds from their nests and the flowers open their blossoms awakening into full bloom. May I learn from the simplicity of the birds and flowers. I can't detect any worries or anxiety in them. They seem to be well provided for. May I be aware of who well I too am provided for and find rest in the assurance of your care. May this summer be a season of renewal and re-creation in my mind, body and soul. May it be so.

**Noon Text:** You can do this. Take at least 60-seconds to relax. Take a breath, feel the life flow. Look around, see that you have everything you need in the moment. Relax.

**Evening Text:** As the sun is setting and the birds are nesting for a night of sleep. And the flowers are closing their blooms, may I too slow my mind, body and soul for rest.

**Monday June 25**

*Scripture: Psalm 74:17 You laid out the four corners of earth, shaped the seasons of summer and winter.*

**Morning Prayer:** God, on this Summer morning, I wake up ready to greet the day. Whether the sun is gleaming brightly or tucked behind clouds, I know that your light is ever-shining. I will carry this light with me today in my heart, as the radiant light of Christ that lights up everyone from within. Wherever I go - whether it's around the block or visiting distant states or countries - I share the light in my heart with others and recognize your light in them too. May this be a day warmed by the vibrant inner light of your presence and your love. May it be so.

**Noon Text:** I pause right where I am and rejoice in the sunshine. Even if I am indoors, God's radiant light is bright within me. It warms me and energizes me. I shine too!

**Evening Text:** Wherever I am across the "four corners of the earth", there is sunrise and sunset. Yet, the light in my heart never goes out. I rest in its comforting glow.

**Tuesday June 26**

*Psalm 113:3 God is a blessing—now and tomorrow and always. From east to west, from dawn to dusk, keep lifting all your praises to God!*

**Morning Prayer:** Good morning God. It is just past dawn and I begin my day by being still and contemplating the blessings I receive from You. I have had the blessing of a night's rest. I have the blessing of a full day ahead of me, whether that is at work or at play, alone or with friends and family. Help me to be aware, to acknowledge, to welcome and to be thankful for the many blessings that the day ahead holds. You go before me and behind me, above me and below me. May I praise You in every word I speak or action I take. May it be so.

**Noon Text:** Pause, take a moment; step outside to enjoy the warmth of the sun or wash of the rain, the flowers blooming. Be blessed in the signs of summer all around you.

**Evening Text:** God, dusk has passed and I lay down to rest. I reflect on the blessings of this day. May I rest well to prepare to share Your blessings another day.

### **Wednesday June 27**

*Song of Songs 2:11-13 Here, the winter is past; the rains have come and gone. Blossoms have appeared in the land; the season of singing has arrived, and the sound of the turtledove is heard in our land. The green fruit is on the fig tree, and the grapevines in bloom are fragrant.*

**Morning Prayer:** God, from the moment I awaken, until I close my eyes in sleep, my senses are filled with the sounds, sights and scents of summer. The endless expanse of green against the bright blue sky, reminds me that all life flourishes during this bountiful season. Even as one bloom is fading, another is about to burst from bud to flower. I need to remember that my life moves in similar motion. As with all creation, my life seasons cycle from bursting bud to fading flower, and on to the budding of new things. May I savor every moment of transitional beauty as part of my soul's journey. May it be so.

**Noon text:** Take time to experience moments of summer joy today. The song of a bird, a single bloom, a child's laugh, the glowing moon, are free to us all. Be nourished.

**Evening Text:** May the nearly full moon tonight remind me of the fullness of Your love. May my rest restore me to fullness so that I can greet tomorrow with strength and joy.

### **Thursday June 28**

*Mark 6:31 Jesus said, "Come off by yourselves; let's take a break and get a little rest." For there was constant coming and going. They didn't even have time to eat.*

**Morning Prayer:** God, I'm grateful for the home I live in and the job I have. I enjoy being useful - putting my hands and my will to a task, creating order and beauty out of chaos. It feeds my passion and my delight. I feel You with me, blessing me in all my endeavors. All of this is very good, yet Your love also calls me to take time to pull away from my efforts, to care for my body and mind through rest and refreshment. Thank you God for reminding me that I'm more than just the work I do. Thank you for ways to care for my body, and that by doing this I'm following the Jesus Way. This morning I set my heart and mind to follow in the Jesus Way of self-care. May it be so.

**Noon Text:** It is noontime. The perfect moment to step away from my tasks, stretch, take a breath, and refresh my body with water and food. Let this be my sacred rest.

**Evening Text:** God, tonight I gather all that this day has held, my joys, my struggles. I offer it all to you. As I lay my head to rest, I receive your peace with gratitude.

### **Friday June 29**

*Matthew 18:5 Whoever becomes simple and elemental again, like this child, will rank high in God's kingdom. What's more, when you receive the childlike on my account, it's the same as receiving me.*

**Morning Prayer:** As the morning sun arises and my eyes awaken, I soak in the wonder of this new day. God, whatever this day brings me, may I see the glory of your creation in it all. May I not be overwhelmed by the complexities of adult life, but instead revel in the beauty of the simple, wonderful things that make up this world, just as a child would. Thank you for your unconditional love and compassion. May it be so.

**Noon Text:** Breathe in and say "I am"... breathe out and say "a child of God." Do this a few more times to remember your inner child.

**Evening Text:** God, like a child is thankful for the loving embrace of a parent, I too am thankful. As I lay down to rest, may the beauty of the day carry on in my dreams.

### **Saturday June 30**

*Genesis 8:22 As long as the earth exists, seedtime and harvest, cold and hot, summer and autumn, day and night will not cease.*

**Morning Prayer:** Thank you for the change of seasons. Each has its own particular beauty. Each has its own particular challenges. But in all the seasons I am assured of the sun to rise by day and the moon by night. In that rhythm may I see Your steadfast and unchanging love. Regardless of the season, day and night will not cease, just like Your love. Thank you for this summer day and all it presents as a gift of Your unfailing love and presence. May it be so.

**Noon Text:** As the sun warms the day God's love for you and others warms the heart. As you feel the warmth of the sun remember God's unconditional love the rest of the day.

**Evening Text:** God, I am thankful for the gift of day and now the gift of night. As the sunlight brightens the day and the moonlight the night I feel the light of Your love.