

Daily Reflection on Scripture
Week of July 8
By the People – For the People
Week 2 – Brian Schmidt’s Story



Sunday July 8

Ezekiel 37:5-6 “The Lord God proclaims to these bones: I am about to put breath in you, and you will live again. I will put sinews on you, place flesh on you, and cover you with skin. When I put breath in you, and you come to life, you will know that I am the Lord.”

Morning Prayer: God, as these bones of mine wake up and begin to move around, I am thankful for the gift of life. In the morning sunrise You have breathed new hope into this day and now my whole being is coming more fully alive. May I be mindful of my breath, Your Spirit that continues to be the source of all life. May I be a breath of fresh air to someone who needs it today. May it be so.

Noon Text: Breath by breath, step by step you are living in the presence of God’s creative love. Take in a deep breath. Smile. From head to toe you are covered with love.

Evening Text: God, my bones are tired, my body, mind and soul need a rest. Thank you for night time that gives me the opportunity to slow down and be renewed with sleep.

Monday July 9

Hebrews 11:1 Now faith is confidence in what we hope for and assurance about what we do not see.

Morning Prayer: God, I rise with confidence today. I am confident that You are with me in each moment, in the seen and the unseen. I am confident that You are in everyone that I meet and in all that I do. I am confident that You inspire my hopes and my dreams and the path towards reaching them. Whether I take small steps or grand strides is up to me. Either way, I proceed with full confidence, trusting that Your presence greets me, uplifts me, and supports me always. This is my faith in action. May it be so.

Noon Text: It may not always be easy to hear God or see God, but you can be assured of God’s presence. Feel your heartbeat. Listen to your breath. God is alive in you!

Evening Text: God, no matter where this day has led me, I am grateful for the confidence and assurance You continually inspire in me. I rest, faithful and fulfilled.

Tuesday July 10

Hebrews 10:23 Let us hold unswervingly to the hope we profess, for he who promised is faithful.

Morning Prayer: Good morning God. I wake up grateful for a night of rest and filled with anticipation for the day ahead. Undoubtedly it will be a day of ups and downs, challenges and accomplishments. When I am challenged, let me pause, take in a deep breath and be reminded of Your faithfulness and hold on to the hope that I find in You. In all that I face, good or bad, let me find joy in the moment. May it be so.

Noon Text: How have you been a source of hope to others today? Have you provided words of encouragement and love? How can you share God's love through your actions?

Evening Text: I am grateful God, for Your faithfulness which sustained me through the ups and downs of the day. Now let me rest in Your grace to prepare for tomorrow.

Wednesday July 11

Romans 8:25 But if we hope for what we do not yet have, we wait for it patiently.

Morning Prayer: God, it is really challenging for me to wait patiently. Help me to grow in my faith, and hold tightly to a clear vision of the future. By living this way I can see this time of waiting as a chance to grow and mature toward what the future holds. I know that maintaining a hopeful spirit keeps me from being weighed down by the setbacks along the way. I want to be reminded each day that hope is always the antidote to anxiety. May it be so.

Noon text: When I am faced with my own impatience, may I turn to hopeful thoughts instead. Hope will help me to release anxieties and maintain balance throughout my day.

Evening Text: God, I am grateful for the experiences of this day, knowing that they are part of my evolving journey. May I release them and be restored through peaceful rest.

Thursday July 12

Lamentations 3:24 I say to myself, "The Lord is my portion; therefore I will wait for him."

Morning Prayer: God, in these uncertain times, we long to control people, places and things around us that are well beyond our control. May I be reminded constantly that we are not, in fact, in control of so many circumstances in our lives. Give me the wisdom to accept this reality and the strength, trust and humility to wait patiently as I place my hope in You. May it be so.

Noon Text: God, remind me to surrender my need to control and instead place my trust in You.

Evening Text: God, as the day winds down, may I be still and listen patiently with humility for Your spiritual guidance so that I might rest well through the night.

Friday July 13

Romans 5:2b-4 ...we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Morning Prayer: Gracious God, as I begin my day, I do not know what lies before me. But what I do know is that You are with me every second of the day. In those moments of struggle today, I pray that I remember You are with me, and that the suffering is merely a process to grow in strength and hope. Thank you for covering me in unwavering hope, unconditional love, and unending grace. I will persevere no matter what comes before me. In Your grace and love, I will stand strong. May it be so.

Noon Text: How have you been challenged today? What struggles have you faced? We give You glory, Lord, for we know we grow stronger from these difficult times.

Evening Text: Thank you, God, for being with me in my every breath, word, and action today. I rest today knowing I am stronger from these experiences today.

Saturday July 14

Romans 12:12 Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer.

Morning Prayer: God, the weekend has come and I have so much for which to be grateful. Even in the midst of turbulent times I can rejoice in the hope that through the struggles I am being formed and shaped into a new and stronger person. I do not like tribulations, so help me to find the patience needed to continue steadfastly in prayer, all day long. May it be so.

Noon Text: Pause and name five things for which you are grateful in this moment. Now take a deep breath. Say "Thank you, God". Notice any changes in your perspective.

Evening Text: God, the last hours of the week have come. I receive them as Your gift of rest. May I awaken on the first day of the week with renewed strength and hope.