

Daily Reflection on Scripture
Week of July 15
By the People – For the People
Week 3 – Ryan Hall’s Story



Sunday July 15

Romans 5:3-5 We even take pride in our problems, because we know that trouble produces endurance, endurance produces character, and character produces hope. This hope doesn't put us to shame, because the love of God has been poured out in our hearts through the Holy Spirit, who has been given to us.

Morning Prayer: God, this is the first day of the week, and yet more importantly I name it as the first day of the rest of my life. That is a humbling realization. My life, like most others, has been a roller coaster of joys, sorrows, victories and defeats. And as I reflect on that reality I confess that my greatest lessons have come on the ride down into the depths of struggle and fear. There You have faithfully met and showed me what I needed to know in order to rise back up again. This is the first day of the rest of my life and I am in it for the ride. May I be wise to know how to implement the many lessons I have learned on the descent so that I can rise up to meet the challenges of today. Thanks be to God and may it be so.

Noon Text: All is well that is well and all that is well will be well indeed. Hold onto that affirmation throughout the rest of your day. All is well and all will be well.

Evening Text: God, Your grace has met me in many struggles and trials. Now Your grace meets me in an evening of rest and sleep. Your grace is enough. Thanks be to God.

Monday July 16

II Corinthians 4:16-18 ...even if our bodies are breaking down on the outside, the person that we are on the inside is being renewed every day. Our temporary minor problems are producing an eternal stockpile of glory for us that is beyond all comparison. We don't focus on the things that can be seen but on the things that can't be seen. The things that can be seen don't last, but the things that can't be seen are eternal.

Morning Prayer: God, I am grateful to wake to a new day with a fresh start. In this early morning moment, there's a blank canvas of possibility for how today will unfold - free of mistakes, free of errors to correct, free of a need for re-dos or trying again. I am awake and fully aligned with You, as the Love, Beauty, Harmony, and Grace that goes before me always. When challenges arise, when problems appear (whether large or small), when the aches and pains of life are distracting or even momentarily debilitating, let me return my mind to You and Your eternal Presence. May it be so.

Noon Text: This is a brand new moment that God has made, given just to you! What are you seeing that you can release? What are you not seeing that you can embrace?

Evening Text: As I prepare for rest, God, I release all problems to You. I know You hold them and transform them, even as I sleep, so tomorrow can be another fresh start.

Tuesday July 17

Jeremiah 17:7-8 But blessed is the man who trusts me, God, the woman who sticks with God. They're like trees replanted in Eden, putting down roots near the rivers—Never a worry through the hottest of summers, never dropping a leaf, serene and calm through droughts, bearing fresh fruit every season.

Morning Prayer: God, as I wake and begin this day let me be like the deeply rooted tree on the banks of a cool river. In the midst of the hot summer days it is all too easy to let little things upset me. Help me to be like the tree, serene and calm. When I am faced with a challenge help me to stop, take a deep breath and picture myself under the lush branches of a tree relaxing near the cool waters. May it be so.

Noon Text: Pause in this moment. Ask yourself, what kind of fruit have I been bearing today. Is it fresh? Have I shown love, patience, kindness and goodness to others?

Evening Text: As the day draws to a close I reflect on Your grace and I receive Your blessings. Now, may I rest without worry and wake refreshed in the morning.

Wednesday July 18

II Corinthians 4:8-9 We are experiencing all kinds of trouble, but we aren't crushed. We are confused, but we aren't depressed. We are harassed, but we aren't abandoned. We are knocked down, but we aren't knocked out.

Morning Prayer: God, thank you for the gift of this day. I know there will be joys and challenges. May I meet them head on, not fearing what I can't control. When trouble comes, may I rise in Your strength to meet it. When I lose focus, may I remember to stay positive. May I remember that I am never alone, but always in Your presence. If knocked down, may I accept the helping hands extended to me to help me get back on track. Resting in Your unconditional love, I will go out and face the new day. May it be so.

Noon text: It's easy to focus on the challenges of your own day. Can you shift focus and offer hope and encouragement to someone else who might be having a difficult day?

Evening Text: God, today I experienced joys and challenges. I release them, knowing Your gracious love was present in each one. I will rest this night in Your endless flow.

Thursday July 19

Philippians 4:12-13 I know the experience of being in need and of having more than enough; I have learned the secret to being content in any and every circumstance, whether full or hungry or whether having plenty or being poor. I can endure all these things through the power of the one who gives me strength.

Morning Prayer: God, help me to let go of trying to control everything in my life. Sometimes it feels like no matter how well things are going in my life, I try to control people and circumstances. The more I try to control, the more discontent I can become. Continue to teach me that it is through Christ in me that I have strength to face each day. May it be so.

Noon Text: When left to my own devices, I sometimes make a mess of things. Next time I will connect to the love of Christ that is in me for wisdom and strength.

Evening Text: God, where is my confidence? In top grades? A high-paying job? A perfect body? I realize that it is in Christ that I find my true confidence. In that I rest.

Friday July 20

Psalm 34:18 The Lord is close to the brokenhearted; He saves those whose spirits are crushed.

Morning Prayer: God, on this new day, I give thanks for the grace and love that You have provided to me. I know you are with me every day and all day; in my every breath, every thought, every action. Even in these moments of struggle, strife, and brokenness, You are here comforting me; loving me. As I continue on today, help me to see Your beauty all around me and share Your love with others. May it be so.

Noon Text: Pause and experience this breath prayer: (inhale) Wherever I am... (exhale) there You are. Remember, God's love and grace are always with you.

Evening Text: Loving God, thank you for being with me today to carry me in the difficult times. I can rest well tonight knowing that I am not alone.

Saturday July 21

John 4:4b ...the one who is in you is greater than the one who is in the world.

Morning Prayer: Take in a deep breath and say, "Greater is God within me..." Release the breath and say, "Than anything or anyone I have to face today." Repeat this prayer two more times. Then pray this prayer: God may I know that wherever I go today and whatever I do, You are with me. You are in me, You are all around me, You are in the faces, both happy and sad, of each person that I meet, even the one I see in the mirror. May I be a reflection of Your goodness and grace that is within me. All day long may it be so. End by doing the breath prayer three more times.

Noon Text: Nothing is stronger than the love of God that is in you. It is a love for self, a love for others, a love for creation, a love for those who are not so loving.

Evening Text: Great is Your faithfulness, God. Great is Your patience. Great is Your compassion. Great is Your gift of evening rest. May I find rest in Your greatness.