

**Daily Reflection on Scripture**  
**Week of July 29**  
**By the People – For the People**  
**Week 5 – Tony Bond’s Story**



**Sunday July 29**

*Numbers 14:7-9 We saw the land ourselves, and it's very good. If we obey the Lord, he will surely give us that land rich with milk and honey. So don't rebel. We have no reason to be afraid of the people who live there. The Lord is on our side, and they won't stand a chance against us!*

**Morning Prayer:** God, like the children of Israel who a long time ago wandered in the desert for 40 years before coming to the land You promised, sometimes I feel as though I am just wandering through life without knowing the way. Help me to trust in the promise of this new day that is rich and full of new opportunities to grow in my relationship with You and all the people I meet today. Help me to know that I don't have to be afraid for You are on my side. In this way I can see that what is before me is a promised gift of hope and new life from You, for all people. Help me to live in this promise, and be this promise for others. May it be so.

**Noon Text:** Believing the promise of God's unconditional love is what changes the way I see others, situations, even myself. In this moment I choose to believe the promise.

**Evening Text:** God, today I have had the opportunity to see Your promised love revealed in 100 different ways. I thank you for the gift of today, and for this night of rest.

**Monday July 30**

*Hebrews 11:3 By faith we understand that the entire universe was formed at God's command, that what we now see did not come from anything that can be seen.*

**Morning Prayer:** God, how invigorating it is to awaken to a brand new day! I know that there are so many things to be created today from the realm of infinite possibility - not based on my preconceived notions about what I think may happen or what the news predicts or someone else's impressions or opinions, but instead reflecting what You are shaping through me in each moment. I have faith it is all working out for my good and the good of all, because I trust in Your loving, expansive, dynamic presence in the seen and the unseen. May it be so.

**Noon Text:** Am I present to God's creativity right now? Or am I acting (or reacting) based on past beliefs or stale ideas? I affirm - I choose God's infinite possibilities!

**Evening Text:** Thank you for another adventure with You, God! I relax fully into Your holy presence, assured that I have done my part today as a co-creator with the Infinite.

**Tuesday July 31**

*Philippians 4:4-7 Be glad in the Lord always! Again I say, be glad! Let your gentleness show in your treatment of all people. The Lord is near. Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.*

**Morning Prayer:** God, sometimes it is hard to heed the words of this scripture and not be anxious. My anxiety can overwhelm me. So I start my day by lifting a prayer to You that I focus on all that I have to be grateful for instead of what causes me anxiety. Let me approach this day with Your love, grace and peace in my heart. I will hold you close in my heart, knowing that I am safe because You are always with me. May it be so.

**Noon Text:** Am I treating everyone with gentleness today? Or am I focused on myself, allowing my anxiety to dictate my actions. I choose to be peaceful and gentle.

**Evening Text:** I come to the end of this day, ready to rest and prepare for the next. I am grateful, God, for the peace You brought me today. I rest now secure in your love.

### **Wednesday August 1**

*Proverbs 3:5 Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go..*

**Morning Prayer:** God, I want to trust with my whole heart, but it is challenging. I confess that experience has shown me that not everyone, or every situation is trustworthy. Today I need help to move beyond my past experience, and approach every new situation with hope, and faith that it is possible to trust. I will listen for your guidance to help me move beyond old patterns and ways of responding. May I listen, and learn to trust. May it be so.

**Noon text:** In this moment, recognize that whatever you are experiencing today, you are not alone. God is always with you. Try to remain open to God's comforting presence.

**Evening Text:** Thank you God, for the many ways I have sensed your presence today. I will rest peacefully knowing that even when I am asleep, I am never alone.

### **Thursday August 2**

*II Corinthians 4:7-9 ...we have this treasure in clay pots so that the awesome power belongs to God and doesn't come from us. 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, I have been struggling lately. My life is not going the way I planned. Circumstances are bringing me to my knees. I am not sure that I can stand the pain anymore. But through your awesome power I see a light at the end of the tunnel. It's your gift of hope, and grace, and love.

**Noon Text:** Struggling is part of life. But at times it seems unbearable, as if it's never going to get better. Look to the awesome power of God for comfort and hope.

**Evening Text:** Sometimes I can get on my pity pot, but the problems in the world pale in comparison. It is through God's grace that I put my problems in perspective.

### **Friday August 3**

*Proverbs 22:1-2 A sterling reputation is better than striking it rich a gracious spirit is better than money in the bank. The rich and the poor shake hands as equals— God made them both!*

**Morning Prayer:** Good morning, God. I look forward to a glorious day ahead; one that will be filled with love, grace, compassion, kindness, and wisdom. For I know that You are with me always and You have created all of us in Your image. May all my words and actions today reflect Your love to its fullest. May no judgement pass through my mind as I encounter all around me. May I see the world

through Your eyes, so that I see all things as equally created in Your goodness. I pray that my focus today be on grace and love for ALL people and not on the belongings I may possess. May it be so.

**Noon Text:** As I look around me, I see the beauty that you have created. It's not about material wealth; it's about love. Your love and grace are enough!

**Evening Text:** As the day ends, I reflect on my experiences from today. There is no greater thing than love and grace. May this lesson stay with me always!

#### **Saturday August 4**

*Ephesians 4:1-3 I encourage you to live as people worthy of the call you received from God. Conduct yourselves with all humility, gentleness, and patience. Accept each other with love, and make an effort to preserve the unity of the Spirit with the peace that ties you together.*

**Morning Prayer:** God, today help me to conduct myself with humility, gentleness and patience. As I speak those words I feel a need to pause and reflect on which of those three ways of conducting myself will be most challenging. Give me strength to lean into my weaknesses so that I might find Your strength to lead me to discovering and living with a sense of fulfillment throughout the day. Help me to break down walls of separation by being a force of unity in all that I do and say. Therein lies the pathway to peace within me and all around me. May it be so.

**Noon Text:** When I am humble, gentle and patient others around me respond differently. This is the way of Jesus. It is the way to inner peace and unity among one another.

**Evening Text:** God, as the week comes to a close I reflect on all that has happened. I have taken steps forward and backward. In each step Your love has held me. Thank you.