

**Daily Reflection on Scripture
Week of August 12
By the People – For the People
Week 7 – Stephanie Roger’s Story**



Sunday August 12

Psalm 42:1-3 Just like a deer that craves streams of water, my whole being craves you, God. My whole being thirsts for God, for the living God. When will I come and see God’s face? My tears have been my food both day and night, as people constantly questioned me, “Where’s your God now?”

Morning Prayer: God I awake to the beauty of life. When I pause and try to comprehend the gift of life I am like the Psalmist who cried out, “My whole being thirsts for God”. Even so I still go through periods of doubt, and fear and my mind has so many questions wondering where You are in those moments. In those times may I remember the gift of life You have given me in the breath of Your Spirit that fills my lungs, flows through my blood and gives me the incredible opportunity to be alive. May that humble and yet priceless reminder guard my soul today and fill me with Your hope when all else can feel hopeless. May it be so.

Noontime Text: No matter what has happened this morning, God is alive giving you laughter in joy, tears in sorrow, in it all hope for today and beyond. In life there is God.

Evening Prayer: God, tonight my whole being craves Your unconditional love. Life is hard and love is not always given by others. But Your love is constant and leads me to rest.

Monday August 13

Psalm 43:3 Send me Your light and Your faithful care, let them lead me; let them bring me to Your holy mountain, to the place where You dwell.

Morning Prayer: God, as light dawns on this new day, I know Your light dawns within my heart anew. This is the light of the Christ that lights up every person from within so we may each serve You everywhere we go and with everything that we do. I know You guide me today, step by step, lifting me above worldly concerns and gently steering me towards the mountaintop, to the dwelling place of the Most High, to Your care, Your comfort, Your Grace, and Your Love. May I shine Your light today for all to see. May it be so.

Noon Text: Pause and place your hand on your heart. Feel your heartbeat. Receive this next breath. God is with you and all around you. Affirm: I am in God’s faithful care.

Evening Text: God, whether I’ve made it to the mountaintop today or not, I know You’re with me still. Even as the sun sets, I know Your light within me can never go out.

Tuesday August 14

Psalm 42:8 By day the Lord commands his faithful love; by night his song is with me— a prayer to the God of my life.

Morning Prayer: God, I rise this morning refreshed from a night’s rest, having rested in the knowledge that indeed Your song was with me through the night. Now as I begin the day ahead my

prayer is to hold that song in my heart. I walk with Your love in my heart. Now help me to share that love with everyone I encounter. May it be so.

Noon Text: If the events of the day are beginning to overwhelm you, pause to remember the faithful love of God. Day or night, God's love is with you always.

Evening Text: God as I come to the end of my day, I pause to listen for Your song in my heart. Let it quiet my thoughts so I may sleep soundly, secure in Your love.

Wednesday August 15

Isaiah 49:13 Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the Lord comforts his people and will have compassion on his afflicted ones.

Morning Prayer: God, this morning I woke up with joy in my heart, and a lightness in my spirit. I am thankful for these moments of delight when I want to shout my joy to all the world. I know the day will bring challenges, but I will hold onto the promise that Your compassionate love will comfort me, regardless of what the day brings. For this I am deeply grateful.

Noon text: May you find joy and comfort as needed in all of your circumstances today. Remember to share your joy and comfort with others as you go about your day.

Evening Text: God, today I experienced both highs and lows. Grateful for the range of my human emotions, I now release them so that restful sleep may restore my spirit.

Thursday August 16

*Psalms 42:5a Why, my soul, are you downcast? Why so disturbed within me?
Put your hope in God...*

Morning Prayer: God, I'm really struggling today and I don't know why. I have everything I need but I feel anxious, depressed and worried. I surrender these feelings to you, the God of hope, knowing that you will comfort me. May it be so.

Noon Text: God, when life challenges me, strengthen my faith. When I'm struggling, give me hope.

Evening Text: God, as the day winds down, I reflect on my efforts during the day to surrender my difficult emotions to you. Continue to teach me to place my faith in you.

Friday August 17

II Corinthians 1:3-4 May the God and Father of our Lord Jesus Christ be blessed! He is the compassionate Father and God of all comfort. He's the one who comforts us in all our trouble so that we can comfort other people who are in every kind of trouble. We offer the same comfort that we ourselves received from God.

Morning Prayer: Compassionate God, as this day begins, I take this moment to just be in Your presence. Thank You for never leaving me. You surround me with your love, comfort, and grace. No matter what I experience today, I know I will find comfort in You. Help me to show this same compassion and love to everyone I encounter so they too can experience You. May it be so!

Noon Text: Thank You for loving me in every instance of the day. I take this moment to be restored in Your presence. Blessed be Your name!

Evening Text: You know me, God. You know exactly what I need. As I lay down for rest, I remember exactly who You are and who You have made me to be.

Saturday August 18

Psalm 23:4 Even though I walk through the darkest valley, I will fear no evil, for you are with me...

Morning Prayer: God, I wish that life was as easy as today's reading makes it out to be. I confess that I do fear the dark valleys that I have to go through. Even knowing that You are with me, I still can be anxious and afraid. Help me to know that this is my negative brain leading me to take flight, fight or freeze. When I am afraid, help me to reorient my mind from fear to trust. Help me keep on walking knowing that You are with me and the only way out of the valley is step by step. Thank you, for being in every step that I take. May it be so.

Noon Text: Is there anything that you are fearing today? Own your fear but don't let it own you. Trust that God can help you to reorient Your mind to what is hope filled.

Evening Text: God, as the sun sets and the day grows dark I am confident that there's no darkness that can overcome the light of Your love. In Your love I rest day and night.