

Daily Reflection on Scripture
Week of September 9
Life Is a TREK
A Journey of Trust, Resilience,
Engagement and Knowledge



Sunday September 9

Scripture: Hebrews 11:8-10 By an act of trust, Abraham said yes to God’s call to travel to an unknown place that would become his home. When he left he had no idea where he was going. By an act of trust he lived in the country promised him, lived as a stranger camping in tents. Isaac and Jacob did the same, living under the same promise. Abraham did it by keeping his eye on an unseen city with real, eternal foundations—the City designed and built by God.

Morning Prayer: God, I awaken to the beauty of this morning. I confess that on many mornings I am so busy hurrying off to work or something important that I fail to even notice how beautiful each morning is. Thank you for the gift of each morning. Just as mornings come without fail so does Your love. By remembering this I am more likely to trust in You even when things don’t go my way. Like Abraham who took each step of his lifelong journey in trust, I too want to take each step trusting in You all day long. You are like the morning, never late, never skip a day, always right on time and right where I need You the most. May I journey today with such trust in my heart, even when my head questions and tells me to doubt. May it be so.

Noon Text: Today is another day on your trek through life. Each day is a gift to help you learn how to trust. The more you trust God, the less anxious you will be.

Evening Text: God, as night settles in I am settled in my Spirit to trust you more and more each day. Right now I am trusting in You. And with that trust I can rest well.

Monday September 10

Scripture: Proverbs 3:5-6 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; he’s the one who will keep you on track.

Morning Prayer: Beloved God, there is a new day unfolding in front of me. Undoubtedly, I have many things planned for this day. I might have already “checked” several of them off the list, just as a part of my regular waking routine. Today I add to that routine a moment of consciously listening for You. May that one moment become many, until I truly am listening for Your voice in all that I do. If I feel pressured to “figure it all out”, I remember that You are with me, and You are keeping me on track, held in Your unconditional Love. I trust this from the bottom of my heart. May it be so.

Noon Text: Pause and breathe. Is there anything you’re trying to fix or figure out? Listen for God’s voice in the space between each inhale and exhale. Trust and breathe.

Evening Text: God, thank you for today's guidance and for keeping me on track. Anything that still needs figuring out, I lift up to You. I rest soundly, for You are with me.

Tuesday September 11

Scripture: Psalm 56:4 But when I am afraid, I will put my trust in God. I praise God for what has been promised. I trust in God, so why should I be afraid? What can mere mortals do to me?

Morning Prayer: God as I awaken this morning I pray that I am able to take this scripture to heart. All too often I let worry over very minor concerns become overblown in my mind and then feed anxiety and ultimately affect my outlook and attitude, to the point of robbing me of my joy. Help me to rest assured in Your love and put my fears into perspective. I put my faith in You, I will listen for Your voice in the midst of my worries and remember that You are bigger than all of my fears. May it be so.

Noon Text: Are there worries weighing you down today? Examine and deal with them, and then release them secure in the knowledge that God is bigger than all of your fears.

Evening Text: Tonight I will rest well, comforted by the knowledge that whatever fears I might have, pale in comparison to God's love. I am not afraid; I put my trust in God.

Wednesday September 12

Scripture: Psalm 37:5 Let the Lord lead you and trust God to help.

Morning Prayer: Good morning God, as I look ahead to my day, I know I will face many decisions. Sometimes I have the luxury of time to reflect on an important decision, but sometimes I have to make a split second choice. In those times, I need You to lead me toward wise decisions. I want to live in a state of deep trust, knowing that Your spirit is always within me, guiding every step, and all of my decisions. Today, I want to trust in Your guiding spirit for every choice I face. May it be so.

Noon text: Pause, and breathe deeply; consciously release all that has happened this morning so that you can face the remaining hours of the day with confidence and joy.

Evening Text: May you rest undisturbed tonight, trusting that you did your best today. May your rest restore you. Wake renewed, trusting God to lead you in all things.

Thursday September 13

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, it is easy to trust you when my life is going well. It's when the struggles arise that my faith sometimes falters. Please strengthen my faith in those times so that I may experience the kind of peace that only you can provide.

Noon Text: God, help me put down deep roots in my faith in your love and grace.

Evening Text: God, teach me to turn my struggles over to you with faith.

Friday September 14

Psalm 28:7 You are my strong shield, and I trust you completely. You have helped me, and I will celebrate and thank you in song.

Morning Prayer: As the birds sing this morning, so do I! As I rise, strength of God, go before and lift me up. As I wake, eyes of God, look upon and be my sight. You are above and below me, before and behind me, You are in every eye that sees me. You are all around me! I sing your praises this morning for all that You have done and will do for me. May it be so!

Noon Text: I know that You are for me. I know that You will never forsake me in my weaknesses. You write upon my heart, to remind me who You are.

Evening Text: All my life before You, You see when I rise and when I fall. You're faithful beyond my weakness and Your love will never change. I rest in Your love.

Saturday September 15

Psalm 31:14 But I trust you, Lord, and I claim you as my God.

Morning Prayer: God, today is another day on my trek through life. Boy does life move fast. The week has flown by. I can't believe it is Saturday. Sometimes it feels as though my Saturdays are busier than my Mondays thru Fridays. And when I am most busy is when I need to trust in Your grace to see me through the most. So as the day begins I join with the Psalmist and say, "I trust You, I claim You as my God."? May this be so all day long.

Noon Text: Trust. Are you trusting God in this moment? Can you trust that God does not bring calamity into your life? Can you trust that God can lead you through your struggles?

Evening Text: God, as I prepare to lay myself down to sleep, I trust the Lord my body, mind and soul to keep. May this trust in You keep me from an anxious and fitful night.