

**Daily Reflection on Scripture
Week of September 23
Life Is a TREK Week 3
A Journey of Trust, Resilience,
Engagement and Knowledge**



This Week's Affirmation of Trust:

Before you begin you each day, speak this affirmation:

God is present as Spirit closer than my breath to offer guidance every moment of every day.

Sunday September 23

Esther 4:13-14 Mordecai sent this reply to Esther: "Don't think for a moment that because you're in the palace you will escape when all other Jews are killed. If you keep quiet at a time like this, deliverance and relief for the Jews will arise from some other place, but you and your relatives will die. Who knows if perhaps you were made queen for just such a time as this?"

Morning Prayer: God, I awaken to the reality that today is the first day of the rest of my life. Actually today is all I have. Help me to be aware of what today is offering me. Help me to see each moment as a marker on my trek through life. Help me to seize the moments, realizing that this moment and each one that follows is all I have to live fully alive. As I awaken to the possibilities that each moment offers, may I also be aware of how I might be of help to anyone at any time. May I remember that it is for such a time as this that I am alive and given the opportunity to make a difference, big or small, in my circle of influence. May it be so.

Noon Text: Breathe in while saying: For such a moment as this. Breathe out saying: I am alive and God has given me the gifts to make a positive difference in this moment.

Evening Text: God for such a moment as this I prepare to rest from all my activities. In this moment help me to be calm in my body, mind and soul. Thank you for this day.

Monday September 24

Romans 12:6-8a We have different gifts that are consistent with God's grace that has been given to us. If your gift is prophecy, you should prophesy in proportion to your faith. If your gift is service, devote yourself to serving. If your gift is teaching, devote yourself to teaching. If your gift is encouragement, devote yourself to encouraging.

Morning Prayer: Beloved God, thank you for the gift of this new day. You continually give of Yourself throughout all of creation, and each new day is a reflection of Your unlimited capacity to give and give and give again. This morning, I take a moment to consider how You have placed specific gifts, which take shape as talents, abilities, skills, and aptitudes, into my hands for me to give to others in return. May I live into these gifts even more completely and creatively today. May I trust that You will place me in the right location at the right moment to engage my gifts fully and vibrantly, as a representative of Your Love. May it be so.

Noon Text: Pause. Breathe. Bring to mind one way that you are uniquely gifted. Who might be blessed by experiencing that gift today? How and where can you share it?

Evening Text: God, thank you for continually guiding me in ways to best share the gifts You have placed within me. I relax into a calm, deep sleep, surrounded by Your Love.

Tuesday September 25

1 Peter 4:10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

Morning Prayer: God, today I welcome Your guidance as I recognize and affirm the unique gift I have received. So as I read today's scripture I find assurance that You will guide and direct me in ways to share Your grace through acts of service. I hadn't thought about being a steward of Your grace. Help me to understand that my stewardship includes Your most important gift of grace and that it is a gift that I must extend to others. Help me to find the joy of extending Your grace. May it be so.

Noon Text: It is with the knowledge that God is present in every breath, that I can be a gracious and generous steward of God's grace. It is too big not to share.

Evening Text: God, I come to rest with gratitude in my heart for the gift of Your love, Your grace and Your presence that I experience with every breath I take.

Wednesday September 26

Matthew 5:14-16 You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Morning Prayer: God, I need the courage to share my own light, and the light of Your unconditional love with the world. Sometimes I am hesitant to speak up, and so I tend to shy away from sharing the goodness of Your love and grace. When I can't find the words, help me to share the light of Your love in all that I say and do. May I become the light of the world that You have said I am. May it be so.

Noon text: Pause where you are. Think about how you have been a light to those around you today. Remember that every person on earth lives in the light of God's love.

Evening Text: God, as the day draws to a close and I prepare to rest, may I know that even in the dark of night I am surrounded by the light of Your love.

Thursday September 27

James 2:14 My brothers and sisters, what good is it if people say they have faith but do nothing to show it? Claiming to have faith can't save anyone, can it?

Morning Prayer: God, the stronger my trust in You, the greater I seek opportunities to be of service to others. It is in those acts of service where I encounter Your grace and love. The more I encounter Your grace, the more my trust grows and the more I want to serve. May it be so.

Noon Text: God, help me to see that my trust in you and others leads to acts of service and that, in turn, these acts of service strengthen my faith.

Evening Text: God, I trust that my acts of service have been a help to others. Now I trust that Your acts of love will help me to rest tonight. In You I trust and find rest.

Friday September 28

Romans 15:1-2 Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?"

Morning Prayer: God, as I start a new day, I acknowledge that You give me strength for any situation so I may stand up and use my gifts to help others. This is really hard sometimes; diverting from what I think is best for me in the moment, and even risking my own well-being. But I'm reminded this morning that You trust me to be a part of the bigger story here. To be Your hands and feet to look after the good of all people. Just as You trust me, I trust You to help me through it; to be the strength I need. May it be so.

Noon Text: Because of my faith, God has given me the strength I need to make this world a better place. When the time comes, I will stand strong and serve.

Evening Text: God, it's amazing how much impact I can have when I choose service over convenience. I rest well tonight knowing You are my strength in every moment.

Saturday September 29

Ephesians 5:16 Make the best use of your time, despite all the difficulties of these days. Don't be vague but firmly grasp what you know to be the will of God.

Morning Prayer: God, today's scripture instructs me to make the best use of my time today. That leads me inward to reflect on just what might be the best use of my time. I know the many things I need to do. I have a to-do list. But what about taking care of myself today. Help me to remember that my value doesn't come from the length of my to-do list, but from being made in Your image of love and grace. Help me to find some time today to just be, even if it is just five minutes. Beyond my to-do list, I want to make the best use of my time today. May it be so.

Noon Text: In all that you have accomplished today, have you taken any time to care for yourself? Maybe now is the time to do that. This moment is all you have right now.

Evening Text: God, I have spent the day doing so many things. Now it's time to take care of myself by resting my body, my mind, and my soul in Your unconditional love.