

Daily Reflection on Scripture
Week of September 30
Life Is a TREK Week 4
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 revealed as resilience in the formation of endurance, character and wisdom.

Sunday September 30

Matthew 7:24-25 These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are foundational words, words to build a life on. If you work these words into your life, you are like a smart carpenter who built his house on solid rock. Rain poured down, the river flooded, a tornado hit—but nothing moved that house. It was fixed to the rock.

Morning Prayer: God, I begin my day by connecting to Your unconditional love. All night long Your love has held me. I am confident that all day long Your love will continue to hold me as well. My intention is to hold on to You. When my day becomes stormy with challenges or news that overwhelms me, help me to be resilient to make it through. Help me to not be afraid to name and live into my struggles instead of running and hiding from them. Help me to remember that life is a vulnerable trek, and that your steadfast love is my guide. May I work Your promises into all areas of life today. May I be like a smart carpenter who builds on a solid rock. May I never forget that Your unconditional love is that rock and upon this rock nothing can destroy me. May it be so.

Noon Text: How are you feeling? If you are feeling overwhelmed or hurt remember that God is revealed as resilience in the formation of endurance, character and wisdom.

Evening Text: Day is done and night has come. With the night comes my need for rest. May I rest in the confidence that nothing in all of life can separate me from Your love.

Monday October 1

Joshua 1:9 Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Morning Prayer: God, I awaken to this day, aware that something new is emerging. This is a day that You have created for me and for all beings, large and small. As with all of Your creations, this day is infused with Your Love. If anything arises today that concerns me or that leads to feelings of fear, discontentment, or dismay, may I lean into Your Love in full and feel comforted and supported by it. If I feel overwhelmed by apparent challenges, disruptions, or distractions, may I remember that You are with me through it all. May I remain open and vulnerable to allow for Your presence to guide, guard, and direct me so I may know true strength and greater resilience in all that I do and all that I am. 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 strengthening me through Your Love today. I settle in for the evening and rest, knowing You are with me always.

Tuesday October 2

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Morning Prayer: God, as I awaken, I think of what is ahead of me today. Some days that can be pretty overwhelming and often I feel at my most vulnerable in this predawn time, anticipating the many challenges I might face throughout my day. This scripture reminds me You are with me always. Instead of allowing my fears to dictate my day, I will reach out to You, clinging to the knowledge that You will strengthen and hold me in Your love. May it be so.

Noon Text: Pause, take a breath. Are you allowing your vulnerabilities to dictate your day? Cling to God's love, resilience comes from Him.

Evening Text: As I come to rest I am grateful God, that with Your help I was able face each challenge today. Now I rest secure in Your love and will be ready for tomorrow.

Wednesday October 3

II Corinthians 4:8-9 We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.

Morning Prayer: God, no matter what this day brings, I will remember that Your love is greater than anything life may throw at me. My spirit will not be forsaken or destroyed. May it be so.

Noon text: Reflect on the experiences of your day so far. Be grateful for the good, be encouraged that the challenges cannot defeat you. You are not alone.

Evening Text: God, as I release the events of this day, both uplifting and challenging, I will rest in the knowledge that Your spirit has been with me through it all.

Thursday October 4

Romans 12:12 Rejoice in hope, be patient in tribulation, be constant in prayer.

Morning Prayer: God, remind me that faith is often tested in the caldron of pain, disappointment and tragedy. Help me to trust You during these difficult times, no matter how painful. Give me the strength to endure pain and tragedy in the light of Your grace for this endurance builds character and wisdom that is part of Your will for me. May it be so.

Noon Text: God, give me the strength to endure disappointment and tragedy with the hope only Your love and grace can provide.

Evening Text: God, as the day comes to an end, and my mind is troubled, I rely on my faith in You to provide rest and hope for a new day.

Friday October 5

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Morning Prayer: Gracious God, thank you for another day. I rise up this morning filled with joy and peace, ready for today. I pray that in all things I may face today, I remain hopeful because of Your love that fills my soul. May it be so.

Noon Text: Take a moment to breath and be reminded of God's joy and peace that fills you. With this comes hope and resilience.

Evening Text: God, my soul can rest well tonight knowing that I am resilient because of Your love, peace, and joy that fills me.

Saturday October 6

Isaiah 40:29 God gives power to the weak and strength to the powerless.

Morning Prayer: God, in my vulnerability I confess that my body is tired, my mind needs a break, and my soul needs refreshing. My intention is to find some quiet time to renew this weekend, even if it is just a few moments of silence. Without this soulful renewal, I find myself being more reactive when troubles come. However, today's scripture gives me hope as it promises that You give me power in my weakness and strength when I feel powerless. I need that resilience in my life. May it be so.

Noon Text: How have you renewed your body, mind and soul today? How have you responded to the challenges you have faced? In vulnerability God offers you strength.

Evening Text: God, today has been a gift. It has been far from perfect. Each day I am learning that in the imperfections I feel Your love the most. Now I rest in that love.