

**Daily Reflection on Scripture  
Week of October 7  
Life Is a TREK Week 5  
A Journey of Trust, Resilience,  
Engagement and Knowledge**



**This Week's Affirmation of Trust:**

Slowly take a breath in and slowly release the breath as you speak this affirmation aloud.  
**God never causes suffering, pain, harm or death; instead God meets us with hope in our sacred story.**

**Sunday October 7**

*Ecclesiastes 4:9 Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.*

**Morning Prayer:** God, sometimes the world feels like such a lonely place. I have my friends and family and yet sometimes it feels like I am all alone. Instead of waiting for others to connect with me, help me to be the connection with them. Today's scripture about two being better than one is speaking to me. I need companionship. I need to know that when I fall there is someone I can call to help pick me up. My friends and family need to know that I am there to pick them up when they are down as well. All of this to say, I am thankful for those who walk with me in life. I am also thankful that I can walk with them as a trusted and helpful friend. Indeed two or more are better than one, for together we are more resilient and stronger than if we have to do life alone. After praying this prayer, I have to say that I don't feel so lonely anymore. Thank you God for the gift of my community. May all of this be so day in and day out.

**Noon Text:** Two or more are better than one. Are you feeling lonely? Who can you reach out to for connection? Are you feeling loved and affirmed? Who can you reach out to?

**Evening Text:** God as I bring this day to closure I want to pause and say thank you for all my friends and family. May each of us rest well tonight knowing we have each other.

**Monday October 8**

*Matthew 18:20 For where two or three gather together as my followers I am there among them.*

**Morning Prayer:** God, I am grateful to begin this day acknowledging Your expansive, all-embracing Presence. I am also grateful for the beloved, blessed gift to this world that came in the form of Jesus. My intention and prayer this day is to remember that I am walking in the path of Jesus, which is the path inspired by Your unconditional Love. In doing so, I recognize that I do not (and cannot) walk this path alone. May I build strong connections with others on our shared walk of faith. Even if we disagree at times on certain spiritual practices or principles, let us be assured that we are united by Your Love. May we always remember that Jesus' exquisite example is continually with us to gently urge us forward with compassion and Grace and that You are with us to strengthen us when there are challenges to face, to lift us up when there is sadness or sorrow, and to inspire resilience within us

so that we may rise time and time again and take another step forward in our faith together. May it be so.

**Noon Text:** Who lifts you up the most? Who can you lift up today? Reach out, connect, be present, and know God is with you in each sacred moment you share with one another.

**Evening Text:** God, thank you for the blessings of community and fellowship. May I and my circle of friends and family rest well, ever connected and surrounded by Your Love.

### **Tuesday October 9**

*Romans 12:9-10 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other.*

**Morning Prayer:** God, sometimes it is easier to say I have love for someone than to show I have love for someone, even in my community of close friends. Today let me speak and show my love and affection by listening and being aware when someone needs to talk to or to share a concern with me. Our resilience to withstand the challenges in our lives grows stronger in loving community. I want to be part of that community, and I know I can be with Your help. May it be so.

**Noon Text:** Take a moment to examine your day. Are you being a loving presence to the people around you? Extraordinary things can happen when we share God's love.

**Evening Text:** God, I am grateful to come to rest secure in Your love. Your love gives me comfort and helps me sleep well and prepare for the coming day.

### **Wednesday October 10**

*Proverbs 27:17 Iron sharpens iron, and one person sharpens another.*

**Morning Prayer:** Good morning God, When I read the scripture verse above I realize the truth in it, but there are times when I don't really want someone else's opinion, even that of a trusted friend. Help me to trust that we are better when we listen to each other. None of us has all the answers, or all the wisdom of life. One person really does sharpen another. In my moments of darkness, when I am not being my best self, I want to trust the wisdom of others. I want to practice the habit of trust and optimism that others can only help me to be all that You would have me to be. May it be so.

**Noon text:** Who is your most trusted friend? Be grateful for that person. Do you trust enough to share your weaknesses and struggles? If so, reach out to that person today.

**Evening Text:** As I prepare to rest, I am grateful for the gift of honest friends. I know we are stronger together. Tonight I send a silent blessing to each of them.

### **Thursday October 11**

*Hebrews 10:24 Let us think of ways to motivate one another to acts of love and good works.*

**Morning Prayer:** God, it is in community that I meet You in the stories of those with whom I've established a bond of love and grace. It is also in that community that I see firsthand, acts of service and other good works that motivate me to step out of my comfort zone to help others. Let my acts of service, through Your grace, motivate others to reach out to the stranger. May it be so.

**Noon Text:** God, remind me that it is in community that I experience Your grace and let that motivate me to reach out to the stranger.

**Evening Text:** God, as I think back on the day, how was I of service to another person? How can I be of service tomorrow?

## **Friday October 12**

*Ephesians 4:32 Forgive one another as quickly and thoroughly as God in Christ forgave you.*

**Morning Prayer:** Gracious God, there is nothing I could do that will keep me from your love. I pray that as I begin this day, I, too, can embody this unconditional love and be as compassionate, kind, and forgiving as You. It is so easy to hold on to negative feelings, but I recognize that all this does is harden my heart. I know You are with me and will take care of all my needs, so I may forgive those around me as quickly and thoroughly as You do. May it be so.

**Noon Text:** Have you experienced hardship, suffering, or pain today? God is with you to carry you through. Forgive and focus on hope!

**Evening Text:** God, no matter what the day brings, I know You are here. I rest hopeful in this truth, and will carry Your forgiveness to others in the days to come.

## **Saturday October 13**

*Romans 14:1 Welcome with open arms fellow believers who don't see things the way you do. And don't jump all over them every time they do or say something you don't agree with—even when it seems that they are strong on opinions but weak in the faith department. Remember, they have their own history to deal with. Treat them gently.*

**Morning Prayer:** God, sometimes my biggest problems are with those who don't believe as I do. Why do I think that I am such an open and accepting person when I struggle with friends and family who have a different point of view or experience than mine? Help me to remember that all of us have a unique story. We have all been formed by a family story, pain, suffering, joy and gladness. If that is true, then how can I expect others to agree across the board with me? Help me to be more accepting of those who think and believe different from me. Help to see that all of us are living a sacred story that is bound from start to finish with Your love and grace. In the same way that I honor my own story, may I also honor the life story of everyone else. In that way I can treat them and myself more gently. May it be so.

**Noon Text:** Everyone has a story. Everyone's story is sacred. Everyone needs a place to tell their story. Honor the story of others the way you want them to honor yours.

**Evening Text:** God, I bring my story and all the stories I have been a part of today to a time of rest. I rest in the truth of Your blessing on my and everyone else's story.