

**Daily Reflection on Scripture
Week of October 14
Life Is a TREK Week 6
A Journey of Trust, Resilience,
Engagement and Knowledge**



This Week's Affirmation of Trust:

Before you begin each day take a slow breath in and then release as you speak this affirmation:
God's strength is in us and is revealed in the movement from disorientation to new orientation.

Sunday October 14

Joshua 4:21-24 Then Joshua said to the Israelites, "In the future your children will ask, "What do these stones mean?" Then you can tell them, 'This is where the Israelites crossed the Jordan on dry ground.' For the Lord your God dried up the river right before your eyes, and he kept it dry until you were all across, just as he did at the Red Sea when he dried it up until we had all crossed over. He did this so all the nations of the earth might know that the Lord's hand is powerful, and so you might fear the Lord your God forever.

Morning Prayer: God, sometimes I get discouraged if not frustrated because I wonder where You are in the moment, particularly those moments when it feels like I am walking through a hot and dry desert time of life all alone. In those moments I wonder have You abandoned me? Do You really exist? In those moments of feeling all alone help me to remember the many times in the past when I felt You being with me, when I knew You were guiding me. May I reconnect to those moments so that in this moment I can be reminded that no matter how I might feel, You are always with me. Maybe You can give me a sign of Your gracious presence today that will help me to be resilient, enable me to bounce back from being down. May it be so.

Noon Text: Pause and name the many times when God has helped you through a struggle in the past. Let gratitude for those times overcome any negativity you might be having.

Evening Text: God my help in ages past I come to the end of the day remembering how You have loved me unconditionally, no matter what I have done. In that reality I can rest.

Monday October 15

Psalms 61:3 For you have been my refuge, a strong tower against the enemy.

Morning Prayer: God, when I read this scripture it's as if the writer is talking about my own life. So many times I have needed Your strength and comfort. I have turned to You in good times and bad, when I'm flying high, and when I've fallen and can't see how I could possibly get up. Always You are there. You are my refuge and my strength, and I am grateful for Your unwavering presence and promise of unconditional love. I want to always remember Your faithfulness. May it be so.

Noon Text: Are you feeling strong and powerful in this moment, or are you feeling in need of some extra strength and encouragement? Whichever, God's spirit is with you.

Evening Text: As you prepare for sleep, rest assured that God is your strength, and you will never face anything alone. Rest in that knowledge, and be restored.

Tuesday October 16

Psalm 136:1-7 Give thanks to the Lord, for God is good! God's faithful love endures forever. Give thanks to the God of gods. God's faithful love endures forever. Give thanks to the Lord of lords. God's faithful love endures forever. Give thanks to him who alone does mighty miracles. God's faithful love endures forever. Give thanks to God who made the heavens so skillfully. God's faithful love endures forever. Give thanks to God who placed the earth among the waters. God's faithful love endures forever. Give thanks to God who made the heavenly lights—God's faithful love endures forever.

Morning Prayer: God, I rise this morning with the words of this scripture resonating in my heart and soul: Your faithful love endures forever. So I wake giving thanks for Your unending love. Today will surely be filled with highs and lows. Whether I am celebrating a success or struggling with a challenge I take comfort in knowing that You are in the midst of it all. I will not let negative thoughts overwhelm me when facing the challenges. May it be so.

Noon Text: Take a moment to take in the beauty of creation around you. Let the enduring love of God wash over you, refresh and prepare you for the remainder of the day.

Evening Text: I come to the end of my day, to rest in the assurance of God's love. I am grateful for how that has sustained me and now I prepare to sleep secure in His love.

Wednesday October 17

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, today I want to live with boldness and courage, without giving in to my fears and insecurities. I know that I can do this because You are with me. When I remember that I am never alone, but that You are in me, and with me, as close as my every breath, then I can overcome my fears and doubts, and walk boldly into my life. Today I will affirm Your love and care for me whenever I feel fear or doubt. May it be so.

Noon text: Have you experienced anything today that made you doubt yourself, or be afraid? Stop, and breathe in the presence of God. Remember that it is always within you.

Evening Text: I will lie down confidently tonight, and sleep in peace because I know that You, God, are always with me. I am grateful for Your presence.

Thursday October 18

Hebrews 10:23 Let us hold fast the confession of our hope without wavering, for God who promised is faithful.

Morning Prayer: God, sometimes my faith in you wavers, especially during difficult times. I wonder at times where you are in the midst of my pain and disappointment. Continue to teach me that it is in these times that, by your grace, my hope will remain steadfast. May it be so.

Noon Text: In the difficulties remember how God's grace has held you before. In that remembrance your hope is made steadfast. As you were held before, you are held now.

Evening Text: God, though stress and anxiety filled my day, my hope in You gives me comfort. In that reality I can find rest for my body, mind and soul.

Friday October 9

Lamentations 3:22-23 The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Morning Prayer: Good morning, God! I am ready for this new day to begin; ready to continue to receive Your unconditional love and unending mercies. I do not know what today will bring, but I know You are with me through it all. Your faithfulness will keep me going with strength and resilience. I am so thankful that I can rise up each day renewed in Your love, grace, and mercy. It doesn't matter what happened yesterday, the day before, or any day before that. I am made whole in Your love. Help me to stay centered on You as the day unfolds, to remember Your never-ending love that embodies my whole being. May it be so!

Noon Text: No matter how your day is unfolding, remember God is with you through it all. You are covered in God's unconditional love, grace, and mercy!

Evening Text: As this day comes to an end, I will rest assured knowing that tomorrow is a new day, filled with God's never-ending love and mercy; no matter what!

Saturday October 20

1 Chronicles 16:11 Seek the Lord and his strength; seek his presence continually!

Morning Prayer: God, morning has broken, giving me the confidence that indeed the sun rises no matter what I faced the days before. Sometimes I fail to appreciate that. So today I want to live into the scripture that tells me to seek You, Your strength and Your presence continually. Just as the daily rising of the sun reminded me of Your faithfulness, may I find other signs to remind me as well. You are behind the faithful sun that greets me each day. Help me to believe You are also faithfully showing up as love and grace in everything I do and every person I meet. May it be so.

Noon Text: Look for the signs of God's presence around you and you will find them. By seeing the signs of God you will find yourself being more resilient, more hopeful.

Evening Text: God, evening has come and with it Your many blessings. Before I fall asleep, I take this moment to name my blessings. Those blessings assure me of Your presence.