

**Daily Reflection on Scripture  
Week of October 21  
Life Is a TREK Week 7  
A Journey of Trust, Resilience,  
Engagement and Knowledge**



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

Before you begin your day take a slow breath in and then release as you speak this affirmation:  
**God meets me with unconditional love in both my strengths and weaknesses.**

**Sunday October 21**

*II Corinthians 12:9-10 My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.*

**Morning Prayer:** God, some mornings I wake up feeling emotionally depleted and spiritually weak. Unlike the Apostle Paul I don't take much pleasure in my weaknesses. All my life I have been told to be tough, be strong, don't cry, don't show vulnerability. Trying to live that way is draining. Today I want to learn from the Apostle Paul how to embrace my weaknesses, with the realization that You are my real strength. You love me not for what I do, but for who I am - strengths and weaknesses alike. Thank you God, for honoring my human frailty, and for being my strength. May it be so.

**Noon Text:** Are you feeling weak or strong? If you're feeling weak, remember that God is your strength. If you're feeling strong thank God. God loves you just as you are.

**Evening Text:** God, at this hour of the day I begin to feel less strong in my body, mind and soul. Renew my strength with a night of rest. In You I rest and am made whole.

**Monday October 22**

*Isaiah 40:29-31 God gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

**Morning Prayer:** God, I read this scripture and I can relate. I confess that I am often weak and tired, and there are times when I do fall into exhaustion. The demands of my life are many, and I am only one person, not a superhero. But I trust in Your strength. I trust You to gather me in Your tender embrace, and hold me while I rest. I know when my body and spirit are renewed and restored I can once again run and soar, and rise to meet the challenges of my life. Thank You for Your restoring love. May it be so.

**Noon Text:** Are you facing too much left to do today, and not enough strength and energy? Pause, breathe, and draw on God's strength. It is enough to see you through.

**Evening Text:** I confess I am tired and need to rest. My mind races with the stresses and actions of the day, but my heart wants to let go and rest. I will follow my heart.

### **Tuesday October 23**

*Ephesians 3:17-19 ...with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.*

**Morning Prayer:** God, sometimes it is simply unfathomable the love You have for me. Mostly because I don't always feel loveable or worthy of Your love. So as I begin this day, I resolve to remain firmly rooted in Your love, reminding myself that it is not about being worthy but of embracing Your love that surpasses all of my understanding. So in doing this I will be able to not only receive and embrace Your love but to also let it shine in me and through me so I can share the message of Your unconditional love. May it be so.

**Noon Text:** Are you feeling filled with the fullness of God's love? Take a moment to reflect on the breadth, length, depth and height of it. Be firmly planted in His love.

**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 24**

*Psalms 139:14 I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!*

**Morning Prayer:** God, I confess that I seldom think of the marvel that is my human body. I only notice it when something isn't working. I am in awe of the miraculous way I am made, part of the vast array of life existing in Your glorious creation. I want to begin to experience a greater sense of wonder and awe, living each day with wide open eyes to notice and appreciate all of Your wonders, great and small. I am determined to experience a renewed appreciation for all that is around me. May it be so.

**Noon text:** Pause to appreciate your body, the marvel of your senses, and all that they take in every moment of every day. They are gifts, your windows onto the world.

**Evening Text:** I have lived today using my marvelous human body to accomplish my work. Now I will practice self-care by resting. I am grateful for the gift of this day.

### **Thursday October 25**

*John 3:17 God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.*

**Morning Prayer:** God, you teach us that reconciliation is at the core of Christ's message, that making things right removes the fear and anxiety that often plagues us. Help us to put aside our pride and give us the strength to approach those who have hurt us with humility and grace.

**Noon Text:** God, give me the opportunity to make things right with those who have harmed me and those whom I have harmed.

**Evening Text:** God, give me the peace that comes from reducing the conflicts in my life through reconciliation.

**Friday October 26**

*John 10:10 I (Jesus) came that they may have life and have it abundantly.*

**Morning Prayer:** God, Your unconditional love is life-giving! Life may not always be easy, but because You are with me through it all, I can live life to its fullest, filled with compassion, forgiveness, service, and wisdom. Thank you God for breathing life into me; for Your unconditional love for all that I am. May it be so!

**Noon Text:** Pause and take a deep breath. The love and grace of God is in you, breathing life into you at every second. Remember that today!

**Evening Text:** God, no matter what happened today, I know You give me abundant life. I will rest well knowing this comforting truth!

**Saturday October 27**

*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, thank you for this promise. It reminds me that You are with me. I need Your help every day to love myself when I make mistakes, or misspeak. I need Your grace when I think judging thoughts of others, and to forgive those who judge or offend me. I declare that You are my help! You pick me up when I fall, and hold my hand throughout my trek through life. May I learn to accept my weaknesses and my strengths, because You accept me just as I am. Help me to love my whole self, and to forgive myself wholly so that I can be more forgiving and loving of others. May it be so.

**Noon Text:** How are you doing with loving your whole self? Be patient, kind, forgiving, and compassionate with yourself. You are wonderfully made! What a creation you are!

**Evening Text:** God, I prepare to rest by knowing that you're with me. I reach my hand to You as You reach out to hold me close throughout the night. Therein is my strength.