

**Daily Reflection on Scripture
Week of October 28
Life Is a TREK Week 8
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 it as you speak this affirmation:
God is revealed as we work together to transform the world by loving one person, family and community at a time.

Sunday October 28

Acts 10:34 It's God's own truth, nothing could be plainer: God plays no favorites! It makes no difference who you are or where you're from—if you want God and are ready to do as he says, the door is open.

Morning Prayer: God, the colors of autumn remind me of the beauty of creation. Just as the many colored leaves bring joy to my heart, may the variety of faces I see today do the same. How boring the world would be if we were all the same color, believed the same things, and had the same personality. In Your wisdom You have made the world a pallet of colors and a canvas of many expressions. Each color and expression brings You joy. Today, may I find joy in a world that is full of color and expressions. May I see myself as one of the many colors and one of the many vibrant expressions that make life beautiful. May it be so.

Noon Text: Look around at the many colors and expressions - the many faces, nationalities, and beliefs. Together you are one, so say hello to your brother or sister.

Evening Text: God, I bring all that I am to this evening made for rest. In my sleep may I remember that it makes no difference who I am, You still love me unconditionally.

Monday October 29

John 17:20-21 I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.

Morning Prayer: God, I confess I am overwhelmed by the hate and division I see in our world. Every time I turn on the TV I hear angry voices trying to convince me to oppose and fear anyone who is different from me. Oh God, this cannot be right. This cannot be what you intended when you imagined creation. I pray for the wisdom and strength to sort through the angry voices, and listen for your holy voice reminding me that we are all the same, each created to be in loving relationship with all others. May we all be made one.

Noon Text: Take a moment to pause and pray that the love of God will transform our world. May we each become the instruments of Your transformative love and peace.

Evening Text: Tonight I'm weary from the stress of the day. I will breathe in Your peace and breathe out love and peace for our world as I rest in hope for a better tomorrow.

Tuesday October 30

Psalm 133:1 How wonderful it is, how pleasant, for God's people to live together in harmony!

Morning Prayer: God, in the midst of so much divisiveness in our community, our country and our world I will try to take this scripture to heart. Harmony: agreement, accord, internal calm, tranquility – that does sound wonderful. So I have to think about what I am doing to promote harmony in my own community of family, friends and work. I live and work in diverse communities. Harmony begins by acknowledging that God doesn't play favorites – we are all His children. God, help me to look at everyone I encounter today as my brother or sister. May it be so.

Noon Text: Pause for a moment and evaluate. Are you promoting harmony or disharmony today? What needs to change so that you look at others the way God does, with love?

Evening Text: After a busy day it is a relief to come to rest, releasing all my concerns to you, secure in Your love. I am so very grateful for the love and the rest.

Wednesday October 31

1 John 4:12 No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

Morning Prayer: God, some days I know that I fail to be a genuine reflection of Your love. I want to grow deeper in Your love so that the world will see You in me. I can't do this alone. I need trusted friends, and a loving community to encourage me, and provide accountability. This scripture gives me hope. If we truly can love each other, then we can become Your living image, and the world can catch a glimpse of who You truly are. May it be so.

Noon text: Pause and consider how much the people of the world need to see an image of God's love. Be the love you want the world to see. It will make a difference.

Evening Text: Now it's time to let go of the cares and frustrations of the day. Think about the best moment of your day. Hold that close to fill your dreams. Rest in love.

Thursday November 1

Ephesians 4:3 Do your best to preserve the unity which the Spirit gives by means of the peace that binds you together.

Morning Prayer: God, in these times of division and differences, we often cling to our opinions and refuse to budge. Teach me to turn over these differences to the Holy Spirit, and experience the unity and peace that binds us together. May it be so.

Noon Text: Ask God to help you to release any conflicts you are experiencing to the Holy Spirit so that you might experience His peace and unity with your neighbors.

Evening Text: God, as this day comes to a close, may Your Spirit of peace and wonder help me to release any conflicts that I experienced today.

Friday November 2

Romans 12:16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Morning Prayer: Good morning God. Sometimes in the midst of a busy day I become so focused on what I am trying to accomplish that I neglect to simply acknowledge the presence of others and the work they are doing. Please help me to not be so focused on myself today but to see everyone else through Your eyes. Help me remember that I am no more or less worthy, the tasks I have for the day no more important than someone else's. Help me to really see others and remember that they are my sister or my brother. May it be so.

Noon Text: Are you using today's encounters to build up or break down walls? Embrace the diversity of our community and see everyone through God's eyes.

Evening Text: The week has come to an end so I can relax into the weekend. I am filled with gratitude for the opportunity of practicing self-care, rest and relaxation.

Saturday November 3

Galatians 3:28 There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

Morning Prayer: God, today may I see myself as part of a universal family. Just like today's scripture points out that when it comes to people there is no such thing as this or that for we are all one in Christ Jesus. May I remember that nothing, politics, religion, race, or nationality can separate anyone from You. More than just a belief, help me to make this reality a practice. A practice that reminds me to greet every stranger as brother or sister. Wow! Just saying that helps me to see my role in helping to break apart the divisions I have created in my mind before. May it be so.

Noon Text: Remember, love comes more naturally to the human heart than its opposite. If you are feeling anger or resentment go back to your God given tendency to love.

Evening Text: God, it's hard work to love others the same way I love myself. I can feel empathy fatigue. Tonight, may I find rest from any fatigue in my body, mind and soul.