

**Daily Reflection on Scripture
Week of November 4
Life Is a TREK Week 9
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:
Whoever I am with, I am their neighbor

Sunday November 4

Scripture: Luke 10:33-35 A Samaritan traveling the road came on him. When he saw the man's condition, his heart went out to him. He gave him first aid, disinfecting and bandaging his wounds. Then he lifted him onto his donkey, led him to an inn, and made him comfortable. In the morning he took out two silver coins and gave them to the innkeeper, saying, 'Take good care of him. If it costs any more, put it on my bill—I'll pay you on my way back.'

Morning Prayer: God, like the Samaritan in today's story I want to be available to help those in need. Yet more often than not my "want to" is blocked by my busy schedule. Why am I so busy that I can't even take time to help a person in need? It is easier for me to say, "I'll hold you in my heart with prayer" than it is to actually stop and do something with my hands. Today's scripture says that the man's heart went out to the person and then he used his hands to help. When I see a need today, help me to use both my heart and hands as a way to be prayerfully present in a moment of need. May my prayer this morning become visible to others today. May it be so.

Noon Text: When you see a need join both your heart and hands as a prayer. When you engage both your heart and hands in service you are given the gift of eternal life.

Evening Text: God, sometimes I get tired by serving others. Yet every day You give me moments of night time to rest and be renewed. May I rest well and be renewed tonight.

Monday November 5

Luke 6:38 Be easy on people; you'll find life a lot easier. Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way.

Morning Prayer: God, I confess that sometimes I can be critical. I want to begin this week with a spirit of love and acceptance, being "easy on people" as the scripture tells me. I pray for opportunities to give myself away. I want to go into the world each day with eyes wide open to see the beauty, and value of every person I meet, and to freely give small acts of kindness and love at every opportunity. May it be so.

Noon Text: Take a moment today to simply look around at the people you encounter at work, on the street, or as you are driving. Each one is precious and loved by God.

Evening Text: As you prepare for rest, take a moment to send a silent blessing to each person you encountered today. Include yourself in the blessing. You too are precious.

Tuesday November 6

Galatians 5:13-14 It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself.

Morning Prayer: God, today please help me understand the concept of freedom and what true freedom looks like. When I was younger, freedom was breaking free of the bounds set by others – parents, teachers, employers, even friends. As I grew older, somewhat wiser and grew deeper in my faith and understanding of that faith, I realized that true freedom is when my life and Your desire for my life align – when I am living in Your Kingdom. Today help me to stay focused on where true freedom lives – in You, in loving my neighbor, in serving my neighbor in love. Today I will stand side by side with people whose choices I agree with and people whose choices I disagree with. Both are my neighbors; help me to look beyond our differences and see them as a child of God. Let me love them as You do. May it be so.

Noon Text: Today may be a day of anxiety for many. Pause, take a deep breath. Are you living in the freedom that comes from living a life aligned with God and His love?

Evening Text: It has been an emotional day. I come to rest grateful that I can release all of my anxious thoughts to God and sleep secure in His love for all of us.

Wednesday November 7

1 Peter 4:10 Most of all, love each other as if your life depended on it. Love makes up for practically anything. Be quick to give a meal to the hungry, a bed to the homeless—cheerfully. Be generous with the different things God gave you, passing them around so all get in on it: if words, let it be God's words; if help, let it be God's hearty help.

Morning Prayer: God, it isn't always easy for me to extend hospitality to others. My life is complicated and taking the time to offer a meal, or a bed can seem like adding more to my responsibilities than I can possibly manage. Help me to see that offering Your love in this way can be simple. It doesn't have to be complicated. Help me to say yes when the opportunity arises to share in these ways, knowing I will be blessed as I bless others. May it be so!

Noon text: Who can you bless today? It could be kind words, a helpful gesture, or a moment of your time to comfort someone in need. You'll be giving the gift of Jesus.

Evening Text: May the blessings I experienced today rest in my heart through the night, and flow back to the world tomorrow. In this way we are all blessed by God's love.

Thursday November 8

Matthew 23:11-12 Do you want to stand out? Then step down. Be a servant. If you puff yourself up, you'll get the wind knocked out of you. But if you're content to simply be yourself, your life will count for plenty.

Morning Prayer: God as I prepare to face the many challenges of today, this morning's scripture offers a 180 degree different view of what success looks like. When I read it my heart leaped for joy. It feels so right. But my head said there is no way this works in the "real" world. Help me to trust my heart today and find out if it works or not. Help me to intentionally be a servant. Help me be content with what I already have and not lust of things I don't have. Help to see it's the person in the ring, not

the critic in the stands, who stands as the one trying to make a difference. I want to live the teaching of this scripture today. May it be so.

Noon Text: All great spiritual truths teach that the role of a servant is the most important role. Jesus is our teacher. Follow his example and you will find eternal life.

Evening Text: God today I have had many opportunities to serve; some I leaned into and others I shied away from. With compassion for myself I rest in your unconditional love.

Friday November 9

Romans 12:20 Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, get him a drink. Your generosity will surprise him with goodness.

Morning Prayer: God, I regretfully acknowledge the times that I have seen a stranger hungry or thirsty and not responded but instead walked on by. Sometimes I was too focused on my own issues, all too often it was fear that held me back. Help me overcome my own fears and instead find the freedom that comes from serving others in love. Help me to see not strangers but neighbor, my brother or my sister. Wherever my journey takes me today, help me to look for, not away from everyone I encounter and be aware of the opportunities to serve. May it be so.

Noon Text: Has the opportunity to surprise someone with generosity presented itself today? Whoever you are with, they are your neighbor, surprise them with God's love.

Evening Text: God, my day is winding down. I look back on my day, where I was able to serve and be served. I am grateful for both, grateful for my neighbors, grateful to You.

Saturday November 10

Hebrews 13:1-3 Stay on good terms with each other, held together by love. Be ready with a meal or a bed when it's needed. Why, some have extended hospitality to angels without ever knowing it! Regard prisoners as if you were in prison with them. Look on victims of abuse as if what happened to them had happened to you.

Morning Prayer: God, today I have the gift of 1,440 minutes. In each moment I will breathe 16 times. That means I will breathe in and out 23,000 times today. Each of these moments are full of Your gift of life. Help me to see each moment as an opportunity to serve or be served. If I see a need, help me to be present in the moment to help in any way possible. If I am the one in need, help me to swallow my pride and ask for help. Every moment and every breath holds Your gift of eternal life. May I live fully alive in each moment. May each breath remind me that I am loved by You and I am to love myself and others as You love me. May it be so.

Noon Text: Remember, whomever you are with you are their neighbor. You are to serve your neighbor with love and when needed invite your neighbor to serve you with love.

Evening Text: God, as the moments of this day come to a close I remain open to the moments of this night. The day may be done, but Your love for me never ends. Thank you.