

**Daily Reflection on Scripture**  
**Week of November 11**  
**Life Is a TREK Week 10**  
**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 in the Compassion, Forgiveness, Service and Wisdom of Jesus.**

**Sunday November 11**

*Scripture: 1 Kings 3:9 Here's what I want: Give me a God-listening heart so I can lead your people well, discerning the difference between good and evil.*

**Morning Prayer:** God, every day I am inundated with information. Much of it is helpful and yet much of it is not. From the morning news, to countless commercials, to conversations with family and friends, to information I have to absorb for school and work, I have so much information coming at me all the time. What I need more than more knowledge is more wisdom. I need the ability to discern what information I really need to hold onto and what information I need to let go of. Help me to listen with my heart, that place inside of me where Your wisdom resides. If I can listen more to my heart, then I will be more wise in my leadership of self and others. May it be so.

**Noon Text:** Pause and listen to your heart. Not just the beating of it but the wisdom it holds for you in this moment. A wise Godly heart leads to love and acceptance.

**Evening Text:** God, as I turn now to rest, give me a God-listening heart so I can rest in the assurance of Your wise words that leads me to self-compassion, love and peace.

**Monday November 12**

*Scripture: James 3:17 Real wisdom, God's wisdom, begins with a holy life and is characterized by getting along with others. It is gentle and reasonable, overflowing with mercy and blessings, not hot one day and cold the next, not two-faced.*

**Morning Prayer:** God, as I begin this new day in a new week I confess that on most days I don't live up to the beautiful description of a life characterized by God's wisdom. I'm not always gentle and reasonable, my actions don't always overflow with mercy. But I long to grow in Your holy wisdom. My prayer is that I will pay closer attention to the small things in life, those tiny, precious moments when I can offer my truest self to the world in vulnerability and authenticity, for wisdom cannot be faked. My intention is to see the grander potential in every tiny interaction I experience today. Teach me Your ways. May it be so.

**Noon Text:** Where have you seen or exercised God's true wisdom in your interactions with others today? Be grateful for those moments. They can lead you to greater wisdom.

**Evening Text:** As you move toward sleep, take heart in the fact that each small act of intentional listening is leading you to greater wisdom, flowing from God's heart.

## **Tuesday November 13**

*Scripture: Colossians 4:5-6 Walk in wisdom toward outsiders, making the best use of the time. 6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.*

**Morning Prayer:** Good morning God. A new week has arrived and during it I will engage with people from many walks of life. In all of those encounters, help me to be a good listener. Help me to listen carefully to what I am hearing with my ears but more importantly listen closely with my heart to what God is speaking in the midst of my conversations. Help me draw on lessons of the past which have given me wisdom to know how to respond in the moment in a way that is grace filled to others. May it be so.

**Noon Text:** Before you can walk in wisdom you must listen with an open heart to what God is speaking to you. Have you opened your heart today to receive God's wisdom?

**Evening Text:** The day is done; there were challenges but I am grateful for those moments when I was able to discern the affirming voice of God guiding me on a path to wisdom.

## **Wednesday November 14**

*Scripture: Proverbs 18:15 Wise men and women are always learning, always listening for fresh insights.*

**Morning Prayer:** Good morning God! Today I want to run toward the freshness of this new day with its endless possibilities for sharing Your light and love. I will lean in, to listen, and look for fresh insights into your endless love, and spirit of grace. I will look and listen with the intention of bringing these fresh insights into my own way of seeing the world and all that I encounter. I cannot solve all the problems I may encounter today, but I can do my best to bring greater wisdom and clarity to the situation. May it be so.

**Noon text:** Pause, breathe in deeply. Let go of all that has happened so far in your day. Now breathe out, ready to face the remaining hours with freshness and new energy.

**Evening Text:** Have you been true to yourself today? Each act of genuine self-expression makes you stronger. Offer a blessing for the gift of your precious life, and rest now.

## **Thursday November 15**

*Scripture: Proverbs 4:5-9 Never walk away from Wisdom—she guards your life; love her—she keeps her eye on you. Above all and before all, do this: Get Wisdom! Write this at the top of your list: Get Understanding! Throw your arms around her—believe me, you won't regret it; never let her go—she'll make your life glorious. She'll garland your life with grace, she'll festoon your days with beauty.*

**Morning Prayer:** God, surround me in Your wisdom and give me the strength to gain wisdom on my own. Let challenges teach me the wisdom of remaining steadfast in facing life's difficulties. Let joys teach me the wisdom of gratitude. Let life's lessons teach me the wisdom of knowing my strengths and weaknesses. May it be so.

**Noon Text:** God, teach me the wisdom of steadfastness, gratitude and self-knowledge.

**Evening Text:** God, as the day winds down, surround me in wisdom's promise of a life well-lived.

## **Friday November 16**

*Scripture: Psalm 107:43 Whoever is wise will remember these things and will think about the love of the Lord.*

**Morning Prayer:** God, the week is drawing to a close. It has been a week of highs and lows, a typical week. My responses to the challenges of the week weren't always the right ones. It is in Your grace and Your love that I am able to ask for wisdom so that the next time I might have the right words to respond to others with the loving compassion revealed in You. Help me to learn through my experiences to become more compassionate. May it be so.

**Noon Text:** If you are feeling overwhelmed stop, take a deep breath and remember how much God loves you. Listen with your heart and receive God's love and compassion.

**Evening Text:** The day is at end; I come to rest overwhelmed now with gratitude for how much God loves and sustains me and leads me on a path of wisdom.

## **Saturday November 17**

*Scripture: Proverbs 16:16 Get wisdom—it's worth more than money; choose insight over income every time.*

**Morning Prayer:** God, all week long I have pursued so many things. I have sought acceptance, perfection, status, financial gain, and love from family and friends. I know that when kept in balance most of those pursuits are not bad. Yet so easily they can get out of balance. So today I want to put into practice today's scripture reading. I want wisdom. I want insight. I want to know that Godly wisdom is more valuable than all my other pursuits. Help me to listen with a God-listening heart so I can lead myself and others with Your wisdom. May it be so.

**Noon Text:** Pause and listen to the voice of God's wisdom inside of you. If you listen and follow the wisdom of God's love for everyone, you will have everything you need.

**Evening Text:** God, Your wisdom leads to gratitude. As I prepare to rest, my heart is thanks-full. Help me listen to my heart, so I can slow down the ruminations in my head.